

# THE HIGH CLERK



## COOKERY BOOK







# THE HIGH CLERC COOKERY BOOK

FOURTH EDITION

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## PREFACE TO FOURTH EDITION

ONE of the diversions of the ladies at Kodaikanal used to be the exchange of "delicious recipes." For this reason the present book was suggested as a help to all who enjoy the results of these good recipes and to save the busy housekeepers the task of writing many copies.

This cookery book is not intended to be especially scientific, or complete in all departments. It is hoped, however, that the personal element in it will add to its usefulness, and interest. It has been gotten together under difficulties, but the response of friends has been generous. To them many thanks are due, for nearly all the good things prescribed are tried and true.

In compiling the fourth edition new recipes have been added, but certain old ones have been dropped, especially such as required the use of scales, or those hitherto supplied by people who no longer come to Kodai, unless these recipes were especially popular, or substitutes were not forthcoming. Still others have been combined and as far as possible repetitions have been avoided. The position and arrangement of certain sections have been changed and a new section, called "Indian Dishes," has been added. The index is arranged alphabetically, as far as possible within the large groups.

We thank friends far and near for their interest in this little book and for their help in thus supporting the High Clerc School for Missionaries' Children at Kodaikanal.

HELEN CHANDLER CANNADAY,

FOR THE

*High Clerc School Committee.*





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## BREADS, BISCUITS AND HOT CAKES

### **Bread (4 Loaves)**

MRS. FINEFROCK

#### No. 1

1 cake (Royal) yeast  
6 measuring cups liquid

6 level table-spoons sugar  
6 level tea-spoons salt

Flour

Mix sponge in the evening. For liquid use milk or milk and water, or just water but milk gives more nutrition. Soak the yeast cake about 1 hour in  $\frac{1}{2}$  cup of the water when lukewarm. Put remainder of lukewarm liquid in bowl or pan allowing for expansion. Add sugar and salt and enough flour gradually to make a sponge the consistency of cake batter. Beat well, add soaked yeast and *keep in warm place overnight*. If the sponge is chilled the bread will be slow, or the yeast may not act at all. In the morning it should be light and bubbly. Stir down, add flour to make a dough as stiff as can be stirred with a spoon. Turn out onto a well floured board and knead well; divide into loaves, and butter well on top. Let this rise (in a warmish place) until double its bulk and bake 45-60 minutes.

### **Toddy Bread (4 Loaves)**

MRS. FINEFROCK

#### No. 2

6 cups palmyra toddy  
6 level table-spoons sugar

6 tea-spoons salt  
Flour

This may be mixed and baked in a few hours. Buy fresh unwatered toddy (if possible). Mix, batter as above using toddy as both liquid and yeast. Leave

## BREADS, BISCUITS AND HOT CAKES—(Contd.)

sponge in a warm place (in the sun if possible). Ordinarily this should rise in  $\frac{1}{2}$  hour; if not, allow more time making sure it is warm. If it seems cold set the container in a pan of hot water. If it does not rise within an hour, it should be thrown away. When it rises properly it will be very light and bubbly. Add flour as for yeast bread and form into loaves; butter the tops. Let rise again until it doubles its bulk, then bake 45–60 minutes.

For *brown bread* substitute 2 cups of whole wheat flour in above recipe using molasses, or treacle instead of sugar to give it a nice brown color.

To make *simple rolls* save out 2 cups of the batter, add 1 egg (beaten) and 2 table-spoons cocogen. Stiffen this separately, knead and divide into 12 rolls. This may also be used for cinnamon rolls. (See p. 223 for Royal yeast).

### Bread

{ MRS. WATHNE  
{ MRS. FINK

#### PART I

1 $\frac{3}{4}$  lbs. (1 $\frac{3}{4}$  quarts sifted) flour

$\frac{1}{2}$  oz. ( $\frac{1}{2}$  table-spoon salt)

3 ozs. (3 large table-spoons) sugar

1 $\frac{1}{2}$  ozs. dry yeast

40 ozs (5 cups) *lukewarm* water

Mix all the ingredients together and put in a warm place over night, or cover with a blanket.

#### PART II

Next morning add 2 lbs. (2 quarts) flour, sometimes more, to Part I; mix so that the dough is elastic and does not adhere to the board; knead well and form into 3 large loaves.



## BREADS, BISCUITS AND HOT CAKES—(Contd.)

### Yeast

{ MRS. WATHNE  
{ MRS. FINK

#### PART I

3 medium sized potatoes  
1 oz. hops

1½ pints (3 cups) water

Peel the potatoes, tie hops in a small thin cloth bag and boil together. After the potatoes are soft remove from the water and mash well. Press the liquid from the hops and throw the hops away. Mix 1 table-spoon flour in a little cool water and add to the hop liquid.

#### PART II

1 tea-spoon dry ginger  
½ cup sugar

1 tea-spoon salt  
2 ozs. dry yeast which has been  
softened in a little warm water

When the hop liquid is cool, add to it the above ingredients, also mashed potato (Part I), set in a stone jar or mixing bowl and let stand overnight.

#### PART III

The next morning add to Part II enough rice flour to be able to roll out and cut into squares ½ inch thick, then dry *well* but *not in the sun* for two, three, or four days. After the squares are well dried put them in a bag and hang up where there is a good circulation of air. This will keep for two months.

#### PART IV

MRS. FINK

If the yeast squares deteriorate while one is away at the hills, and it is impossible to make fresh yeast with it for baking, buy a little toddy, let it stand for ½ hour,

## **BREADS, BISCUITS AND HOT CAKES—(Contd.)**

pour off the top and use 4 ozs. toddy settlings instead of 2 ozs. dry yeast as called for in Part II.

### **Sour Milk Bread**

MRS. LIVENGOOD

1½ cups graham flour (ata)	¾ cup molasses
¾ cup white flour	¾ cup sour milk
1 tea-spoon salt	1 tea spoon soda

Dissolve soda in table-spoon hot water. Mix dry ingredients. Add all the liquids. Beat thoroughly. Bake 45 minutes.

### **Brown Bread**

MRS. FAIRBANK

#### No. 1

3 cups suji (rolong) or suji and cornmeal, bran or Quaker Oats	
1 cup fine flour	2½ cups sour milk
1 cup molasses (scant)	3½ teaspoons soda
1 tea-spoon salt	

Cook for 3 hours, in a tightly closed tin set in boiling water (Raisins may be added if desired.—*Editor*).

#### No. 2

MRS. LYON

3 cups white flour	1½ cups syrup (jaggery or gur)
3 cups brown flour	1½ cups raisins
3 eggs	1½ cups sour milk
3 tea-spoons soda	1 tea-spoon salt

Steam 3 hours. This quantity makes 3 Quaker Oats tins full.

(Nuts may be added if so desired.—*Editor*.)

## BREADS, BISCUITS AND HOT CAKES—(Contd.)

### Virginia Spoon Corn Bread

MRS. LYON

1 quart milk (or milk and water)  
1 cup corn meal  
2 eggs

Butter, size of a walnut  
1 tea-spoon salt

Bring  $\frac{1}{2}$  of the milk to boiling point, stir in corn meal and salt and cook to a stiff mush. Beat eggs lightly. Stir eggs and butter into the mush. Add the rest of the milk. Bake for 35-40 minutes in buttered baking dish.

### Currant Bread

MRS. LAWSON

1 $\frac{1}{4}$  cups scalded and cooled milk  
2 cups flour  
 $\frac{1}{4}$  cup sugar  
 $\frac{1}{4}$  cup melted shortening

$\frac{1}{2}$  tea-spoon salt  
 $\frac{1}{2}$  cup cleaned currants  
2 eggs, or  
4 eggs (yolks only)

Soften a cake of compressed yeast in  $\frac{1}{4}$  cup scalded and cooled milk. Add the rest of the milk. Stir in the flour. Beat until very smooth and let rise until very light and puffy. Then add sugar, melted shortening, salt, cleaned currants, eggs and enough flour to knead. Knead until very smooth. Let rise again. Shape into 2 loaves and, when light again, bake.

### Date Bread

HIGH CLERC

2 cups butter-milk  
3 cups brown flour  
1 cup white flour  
(or 2 cups bran and 2 cups flour)

1 cup brown sugar  
1 tea-spoon soda  
1 tea-spoon salt  
1 cup chopped and seeded dates.

Bake in two loaves.

## BREADS, BISCUITS AND HOT CAKES—(Contd.)

### Graham Bread

MRS. FLINT

3 cups graham flour  
1 cup white flour  
 $\frac{3}{4}$  cup sugar  
2 tea-spoons soda

1 tea-spoon salt  
 $\frac{1}{2}$  cup molasses (or jaggery)  
2 cups sour milk

Mix and sift flour, salt and soda. Add sugar and graham flour and stir well. Then add molasses and sour milk and beat up well. This will make 2 small, or 1 large loaf. Bake slowly 1 hour.

### Orange Peel Bread

MRS. LAWSON

1 cup orange peel  
Water  
 $1\frac{3}{4}$  cups sugar  
1 egg

2 cups milk  
4 cups flour  
4 tea-spoons baking powder  
 $\frac{1}{2}$  tea-spoon salt

Cut orange peel into small pieces with scissors. Cover with water and cook until tender. Add 1 cup sugar and boil to syrup, cream butter and remaining sugar, egg, milk, flour, baking powder and salt. Beat well, add orange peel. Put into 2 bread tins. Let stand 20 minutes. Bake 40 minutes in slow oven.

### Nut Bread

MRS. LAWSON

1 egg (beaten)  
1 cup milk  
3 tea-spoons baking powder  
 $\frac{1}{2}$  cup sugar

1 tea-spoon salt  
1 cup walnut meats (broken)  
 $2\frac{1}{2}$  cups flour, or a little less

Raise 20 minutes. Bake 40 minutes.

## **BREADS, BISCUITS AND HOT CAKES—(Contd.)**

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### **Nut Bread (2 loaves)**

MRS. WOLSTEAD

4 cups flour

1 cup chopped nuts

2 cups milk

1 tea-spoon salt

$\frac{1}{2}$  cup sugar

4 heaping tea-spoons baking powder

1 egg

Sift dry ingredients and add nuts. Beat the egg, add milk, and stir wet mixture into dry. Put in 2 well-greased bread tins. Let stand about 20 minutes to rise. Bake  $\frac{3}{4}$  hour in a moderate oven.

### **Raisin and Nut Bread**

HIGH CLERC

2 cups flour

1 cup English walnut meats

2 cups brown flour, or bran

1 cup sugar

2 eggs

1 tea-spoon salt

2 cups milk

4 tea-spoons baking powder

1 cup raisins

Beat the eggs well with the sugar and the milk and then the 2 kinds of flour into which the baking powder has been sifted. Add the nuts and raisins and salt. Beat thoroughly and pour into a buttered loaf tin. Allow to rise 20 minutes in a warm place before baking. The top should be covered with paper for the first 15 minutes in the oven.

This may also be made with 4 cups white flour.

### **Baking Powder**

HIGH CLERC

$\frac{1}{4}$  lb. bicarbonate of soda

$\frac{3}{4}$  lb. corn flour

1 $\frac{1}{2}$  lb cream of tartar

## BREADS, BISCUITS AND HOT CAKES—(Contd.)

Roll the soda until free from lumps. Add corn flour, mix well, sift. Add cream of tartar, sift 6 times.

### Hasty (Baking Powder) Biscuits { MISS JEFFERSON MRS. CANNADAY

2 cups flour  
2 tea-spoons baking powder  
Milk

1 table-spoon butter  
1 salt-spoon salt

Sift flour, powder, salt. Rub butter into sifted ingredients. Moisten with milk until dough is soft enough to handle. Drop from a spoon to quick heated oven; bake in 20 minutes.

### Butterless Brown Biscuits { MRS. WARD MRS. CANNADAY.

$\frac{3}{4}$  cup white flour  
 $\frac{1}{4}$  cup brown flour  
1 $\frac{1}{2}$  tea-spoons baking powder

$\frac{1}{2}$  tea-spoon salt  
Cocoanut milk

Mix ingredients well and add *cocoanut milk* sufficient to make a batter. Drop by spoonfuls on a floured tin and bake in a quick oven.

This is sufficient for 8 biscuits.

### Oat Flake Biscuits

MRS. FLINT

1 tea-spoon cold cooked oatmeal  
1 cup sweet milk  
1 quart flour

2 tea-spoons baking powder  
 $\frac{1}{2}$  tea-spoon salt  
1 table-spoon lard



## BREADS, BISCUITS AND HOT CAKES—(Contd.)

Dissolve oatmeal in milk. Sift baking powder, salt and flour together; rub in the lard and mix to a dough with milk. Roll out on a board and cut into small biscuits. Place in a baking pan and bake until light brown in hot oven. Keep covered for the first 7 minutes of baking and they will be light as a feather.

### Girdle Scones

MRS. RICHARDSON

1 quart flour	Pinch of salt
2 tea-spoons bi-carb. of soda	3 tea-spoons sugar
2 tea-spoons cream of tartar	

Add butter milk, or sour milk, until mixture can be flattened with the hand. Cut with cutter and place on floured girdle (griddle).

### Oven Cream Scones

MRS. RICHARDSON

2 breakfast cups flour	1 tea-spoon baking powder
1½ tea-cups sweet milk	2 tea-spoons cream of tartar
3 tea-spoons sugar	1 piece butter, size of an egg

Roll out, cut and bake.

### Potato Scones

HIGH CLERC

1½ cups flour	½ tea-spoon baking powder
¾ cup mashed potato	Salt
1 table-spoon butter	Shake of pepper
1 egg yolk, beaten	

Sift flour and baking powder together, or add salt, pepper and butter. When mixed, add potato and egg yolk. Use milk to make a soft dough. Roll and cut and bake in a quick oven. Brush tops of scones with beaten white of egg, before baking.

## BREADS, BISCUITS AND HOT CAKES—(Contd.)

### Parker House Rolls

MRS. FAIRBANK

2 cups scalded milk

1 tea-spoon salt

1 table-spoon sugar

4 tablespoons butter, or cocogem

1 yeast cake dissolved in

2 tablespoons lukewarm water

6 cups flour

Put salt, sugar and butter in mixing bowl, pour over scalded milk. When cool add dissolved yeast cake and 4 cups flour. When full of bubbles add slowly 2 more cups flour. Let it rise over night. In the morning turn out onto molding board; roll into sheet  $\frac{1}{2}$  in thick; cut with biscuit cutter; brush with melted butter and fold like a pocket book; press ends together and let rise for about 1 hour. Bake in hot oven 15 or 20 minutes.

### Making over Recipes

MISS SCUDDER

*Batter recipes* should always adhere more or less closely to definite proportions. Take for instance *corn bread, muffins and similar mixtures* and remember that—

1. About half as much liquid as flour (any kind of flour, or meal) is required.
2. Four tea-spoons baking powder to 1 pint of flour is the usual proportion. (The stiffer and richer the dough, the more baking powder is required).
3. Eggs may be omitted by substituting 1 tea-spoon baking powder and 2 tea-spoons liquid for each egg omitted.
4. Half tea-spoon soda to 1 cup sour milk and 1 tea-spoon soda to 1 cup of molasses is required.
5. Sour, or butter milk may be substituted for sweet, by using the required amount of soda and omitting half the baking powder.

## BREADS, BISCUITS AND HOT CAKES—(Contd.)

6. Vegetable oils, such as olive, cotton seed and peanut, or hardened oil like cottolene, or drippings, may be used for butter or lard. Fourteen tea-spoons, or  $14\frac{1}{2}$  tea-spoons hardened oil = 1 cup, or 16 tea-spoons butter.

7. *Other kinds of flour or meal* may be substituted for white flour.

8. Raisins, currants, dates or nuts may be added.

9. Corn syrup, or molasses may be used in place of sugar by reducing the amount of the liquid in the same proportion that the liquid is added.

### Muffins

MISS SCUDDER

2 cups flour

4 tea-spoons baking powder

1 tea-spoon salt

1 egg

2 tea-spoons sugar

1 cup milk

2 tea-spoons butter

[Sift flour, salt and powder together. Cream the butter, add sugar and egg well beaten, then milk and sifted flour. Bake in buttered or greased muffin rings for about 20 or 25 minutes. Many varieties may be introduced by using 1 cup flour to 1 cup graham, rolled oats, barley, whole wheat or white and yellow corn meal.—*Editor.*]

### Bran Muffins

MRS. LYON

1 egg

$\frac{1}{2}$  cup brown sugar (jaggery or ghur)

1 cup sour milk

Butter size of an egg

1 tea-spoon soda

1 cup flour

2 cups wheat bran

Add bran last of all. This batter will make 1 dozen muffins.

## BREADS, BISCUITS AND HOT CAKES—(Contd.)

### Post's Bran Muffins

MRS. LAWSON

1½ cups cream  
1½ cups flour  
½ tea-spoon salt  
1½ cups milk  
½ cup sugar

¼ cup shortening  
2 eggs  
4 tea-spoons baking powder  
¾ cup raisins

### Date Muffins

MRS. WOLSTEAD

½ cup butter  
¼ cup sugar  
¾ cup milk  
2 cups flour

1 egg  
¼ tea-spoon salt  
¼ lb. dates  
4 tea-spoons baking powder

Cream butter, add sugar gradually and the dates chopped fine. Cream together and add beaten egg, then half the milk and half the flour. Beat thoroughly. Add the remainder of the milk and flour and beat hard. Sift baking powder and salt over top and mix in lightly. Bake in hot greased muffin tins 20 minutes.

### Eggless Muffins

MISS SCUDDER

2 cups flour  
5 tea-spoons baking powder  
1 tea-spoon salt  
2 tea-spoons water

2 tea-spoons shortening  
2 tea-spoons sugar  
1 cup milk

*N.B.*—This may be varied by using different kinds of flour.

## BREADS, BISCUITS AND HOT CAKES—(Contd.)

### Fritters

MRS. WOLSTEAD

2 eggs  
1 cup flour  
 $\frac{1}{4}$  tea-spoon salt

2 table-spoons melted butter  
 $\frac{1}{2}$  cup cold water  
1 tea-spoon sugar

Stir salt in egg yolk, add butter slowly, then sugar and, when well mixed, stir in flour slowly. Add the water, a little at a time. Beat well, set aside for 2 hours, then stir in beaten whites of eggs. Batter must be thick; but if too thick add one more beaten white. Drop from spoon into deep fat and fry like doughnuts. Serve hot with syrup.

### Green Corn Fritters

{ MRS. DENNING  
MRS. CANNADAY

1 pint (2 cups) milk  
2 cups grated green corn  
2 eggs

A pinch of salt  
2 tea-spoons baking powder  
Flour

Beat corn, milk, salt, eggs and enough flour to make a batter of sufficient thickness to bake or fry on griddle. Serve hot with butter or syrup.

Variations may be made by substituting cheese, mashed plantains, or cooked rice.

### Griddle Cakes

{ MRS. SIBLEY  
MRS. CANNADAY

1 pint boiling sweet milk, or water  
1 table-spoon butter  
2 well beaten eggs

$1\frac{1}{4}$  cups flour  
2 tea-spoons baking powder  
 $\frac{1}{2}$  tea-spoon salt

Thicken milk or water with butter and 1 table-spoon flour, rubbed together. Pour mixture on eggs well beaten and allow to cool. Add flour, mixed with the

## BREADS, BISCUITS AND HOT CAKES—(Contd.)

baking powder and salt. Bake on hot griddle. (*N.B.*—Add flour and baking powder just before baking the cakes.)

### Variations to above

{ MRS. BANNINGA  
{ MRS. CANNADAY

#### No. 1

2 cups stale bread crumbs  
½ cup flour

1 table-spoon melted butter

#### No. 2

2 cups soft boiled rice  
1 cup flour

½ tea-spoon soda  
1 cup sour milk

#### No. 3

2 cups flour  
1 cup ragi (bajra)

Sugar and salt to taste

### Whole Wheat Griddle Cakes

MRS. FINEFROCK

1 cup whole wheat flour  
1 cup white flour  
3 tea-spoons baking powder  
1 tea-spoon salt

2 table-spoons sugar, or molasses  
2 eggs  
2 cups milk  
3 table-spoons melted cocogem

Add cocogem last.

### Cream Waffles

MRS. HIMMELSTRAND

2 cups sour cream  
2 cups flour

1 cup cold water

Whip the sour cream, stir in flour and water and bake in waffle iron.



## BREADS, BISCUITS AND HOT CAKES—(Concluded.)

### Maryland Cream Waffles

MRS. LAWSON

$\frac{1}{2}$  cup sugar  
 2 cups flour  
 4 tea-spoons baking powder  
 $\frac{1}{2}$  tea-spoon salt

2 eggs  
 $1\frac{3}{4}$  cups milk  
 $\frac{1}{2}$  cup butter

[Sift baking powder with flour and salt and rub in the butter. Beat yolks of eggs very light and mix with milk before adding to the flour. Lastly, add the whites of the eggs well beaten. Grease *waffle iron*, heat very hot, pour in batter and turn frequently. Cook 7 or 8 minutes, or until a light brown on both sides. Editor.]

## LARGE CAKES, SMALL CAKES, DOUGHNUTS AND GINGER BREAD

### A General Cake Recipe

{ MRS. DOWNIE  
{ MRS. STENGER

1 large table-spoon (heaping) butter	¼ cup milk
1 cup (heaping) granulated sugar	2 eggs
1½ cups flour	A tiny pinch salt
1 heaping tea-spoon baking powder	Flavouring to taste.

Cream butter and sugar together thoroughly and stir in the beaten eggs and then add the flour, which has been twice sifted, with the baking powder and salt and lastly add the milk. Then beat the whole vigorously. Add flavouring and bake in a good steady oven.

### Variations to the above Recipe

1. Sometimes flavour with a tea-spoon vanilla and bake it in a loaf. Ice with a good boiled icing.

2. Drop in a half tea-spoon essence of lemon and a mere grating of nutmeg, and bake the batter in patty-pans, sprinkling the little cakes with granulated sugar, before slipping into the oven. A crisp brown crust is the result, and the cakes are delicious for luncheon, or for afternoon tea, especially if served warm.

3. For rather nice occasions add 2 squares of unsweetened chocolate, melted over the steam of the kettle, to the batter and bake it in layers. Put together, with boiled icing, flavoured with lemon.

## LARGE AND SMALL CAKES, DOUGHNUTS, ETC.—(Contd.)

4. *Orange Cake* is made by grating the peel of half an orange into the batter to flavour it. Bake it in a shallow pan. When finished, ice it thickly with orange icing, made by squeezing the juice of the orange into as much powdered sugar as it will absorb, and adding some of the grated peel. Cut the cake into squares when serving it.

5. A very satisfying fruit cake is made by adding a cup of seeded raisins chopped fine,  $\frac{1}{2}$  cup cleaned currants and a little thinly sliced candied peel. Dredge the fruit with flour, before adding them, and flavour with cinnamon, nutmeg or any other spices you prefer. If you wish it rather dark in colour, use brown sugar instead of white. This cake is excellent iced with a brown sugar frosting.

6. An especially tasty dinner dessert. Bake half the cake batter in a layer cake pan and divide it into halves, crosswise, when it is done. Then spread with whipped cream, sweetened and flavoured, and put the halves together once more. Pile the top with whipped cream and garnish with cubes of red jelly or preserved strawberries. Bake the balance of the batter in patty-pans for supper.

7. Sometimes make a real old-fashioned jelly-cake of this batter by baking it in several thin layers spread with tart jelly.

8. By substituting molasses for the milk, and soda for the baking powder, flavouring with ginger and spices, a nice wholesome gingerbread is made, and this may also be served hot, with lemon sauce, as a pudding.

9. Fill the centre of the cake with boiled custard thickened with half-a-tablespoon corn-flour mixed with a table-spoon cold milk. The centre can also be filled with crushed plantains adding half-a-cup of cream and a table-spoon or two of powdered sugar to the fruit and chilling it thoroughly before putting it into the centre.

## LARGE AND SMALL CAKES, DOUGHNUTS, ETC.—(Contd.)

10. For a hasty luncheon serve the cake hot and put together with raspberry, or strawberry jam.

11. A delicious nut-cake can be made, by using the same batter, and adding a cup of chopped nuts of any variety preferred.

12. Baked in a loaf and served hot with a creamy hard sauce, or a foamy sauce, you will have a splendid cottage pudding which will be very good if made with only one egg.

13. Figs or dates chopped fine and added to the batter just before putting it into the oven transforms it into a very elegant loaf cake which may be iced as one likes.

14. Very fancy small cakes can be made by cutting thin slices from a loaf of this "always-ready" cake and spreading them with jelly or marmalade. Cover these slices with a second layer, sandwich fashion. Trim the tablets neatly and cut each into two smaller tablets. Ice these all over with a quickly made orange icing.

### Almond Cake

MRS. SAUNDERS

4 table-spoons butter  
3 large table-spoons sugar  
Salt-spoon cream of tartar

$\frac{1}{2}$  tea-spoon soda  
2 oz. sweet almonds  
3 large table-spoons flour  
2 eggs

Blanch and chop almonds. Beat butter to a cream, add sugar and almonds; beat eggs and add alternately with flour. Put in a moderate oven and bake 30 minutes; when slightly brown put a few almonds on top.

## LARGE AND SMALL CAKES, DOUGHNUTS, ETC.—(Contd.)

### Angels Food Cake

{ MRS. ABERLY.  
{ MRS. DUNKELBERGER

9 eggs	1 cup flour
1 cup fine granulated sugar	$\frac{1}{2}$ tea-spoon cream of tartar

Beat whites of eggs to a stiff froth; but when the eggs are partly beaten and before using flour and sugar, add the cream of tartar. When the eggs are stiff add sugar and flour stirring gently. Flavour with vanilla. Bake in a moderate oven 40 minutes. Do not grease pan.

### Lady Baltimore Cake

MRS. GRAEFFE

$\frac{1}{4}$ cup butter	$\frac{1}{4}$ cup sweet milk
1 cup sugar	2 tea-spoons baking powder
1 cup flour	$\frac{1}{4}$ tea-spoon almond extract
4 eggs	

Cream butter and sugar. Beat in yokes of eggs. Sift baking powder with flour and add alternately with milk. Add extract and lastly, the stiffly beaten whites of eggs. Frost to suit taste.

### Banana Cake.

MRS. LAWSON

1 $\frac{3}{4}$ cups sugar	1 cup flour
$\frac{1}{4}$ cup ghee	1 tea-spoon soda
3 egg yolks	1 tea-spoon baking powder
1 cup mashed and beaten bananas	A little nutmeg
(3 large bananas)	$\frac{1}{2}$ cup nut meats
4 table-spoons sweet milk	3 egg whites

Beat egg whites well and add last.

## LARGE AND SMALL CAKES, DOUGHNUTS, ETC.—(Contd.)

### Birthday Cake

MRS. FINEFROCK

$\frac{3}{4}$  cup butter  
 $1\frac{1}{4}$  cups sugar  
 2 eggs  
 $\frac{2}{3}$  cup milk

$2\frac{1}{4}$  cups flour  
 $3\frac{1}{2}$  tea-spoons baking powder  
 1 tea-spoon orange essence  
 1 tea-spoon vanilla essence

Nice for loaf cake.

### Boston Favourite Cake

MISS DICKSON

$\frac{3}{4}$  cup butter  
 $1\frac{1}{2}$  cups sugar  
 4 eggs  
 5 tea-spoons baking powder

1 cup milk  
 $3\frac{1}{2}$  cups flour  
 $\frac{1}{2}$  tea-spoon salt

Cream the butter, add sugar gradually, eggs beaten until light, then alternately milk and flour mixed and sifted with baking powder. This recipe makes 2 loaves or  $\frac{1}{2}$  the mixture may be baked in individual tins.

### Brownies Cake

MRS. BANNINGA

#### Part I

Cook together 1 cup brown sugar, 1 cup ~~grated~~ chocolate, 1 cup sweet milk.

#### Part II

Cake part.

1 cup brown sugar  
 $\frac{1}{2}$  cup butter  
 $\frac{1}{2}$  cup sweet milk  
 2 eggs

1 tea-spoon soda  
 2 cups flour  
 Vanilla

When Part I is cool add to Part II, and bake in a loaf.

## LARGE AND SMALL CAKES, DOUGHNUTS, ETC.—(Contd.)

### Chocolate Cake

MRS. ROTTSCHAEFER

2 ozs. chocolate (or cocoa)=6 level  
table-spoons  
4 eggs  
 $\frac{1}{2}$  cup milk  
1 tea-spoon vanilla

$\frac{1}{2}$  cup butter  
 $1\frac{1}{2}$  cups sugar  
 $1\frac{3}{4}$  cups flour  
1 heaping tea-spoon baking powder

Dissolve chocolate in 5 table-spoons boiling water. Beat the butter to a cream, add the yolks, then sugar, beat again, then the milk, then the melted chocolate and flour. Give the whole a vigorous beating. Beat the white of the eggs to a stiff froth, and stir them carefully into the mixture; add the vanilla and baking powder. Mix quickly and lightly, turn into a well greased cake pan and bake in a moderate oven 45 minutes.

### Coffee Cake

HIGH CLERC

Beat together :

1 egg  
1 table-spoon shortening  
1 table-spoon granulated sugar  
 $\frac{1}{4}$  tea-spoon salt

1 cup flour  
1 tea-spoon baking powder  
Sweet milk  
Brown, or maple sugar

Add the flour sifted with the baking powder and enough sweet milk to make a mediumly stiff batter. Put in deep dish and sprinkle the top with brown, or maple sugar. Bake 20 to 30 minutes.



## LARGE AND SMALL CAKES, DOUGHNUTS, ETC.—(Contd.)

### Cream Pie Cake

MISS DICKSON

$\frac{1}{2}$ cup butter	$\frac{1}{2}$ cup milk
1 cup sugar	$1\frac{1}{2}$ cups flour
2 eggs	$\frac{1}{2}$ tea-spoon salt
$2\frac{1}{2}$ tea-spoons baking powder	

Cream butter, add sugar gradually and eggs well beaten. Mix and sift flour, salt and baking powder and add alternately with milk to first mixture. Bake 30 minutes in buttered and floured cake pans. If possible bake in round layer cake pans. Put cream filling between layers and sprinkle top with powdered sugar.

### Cream Filling for above

$\frac{3}{4}$ cup sugar	2 eggs
$\frac{1}{3}$ cup flour	2 cups scalded milk
$\frac{1}{8}$ tea-spoon salt	1 tea-spoon vanilla or $\frac{1}{2}$ tea-spoon lemon juice

Mix dry ingredients and pour on the scalded milk gradually. Cook 15 minutes in double boiler, stirring constantly; then add eggs slightly beaten and continue stirring until mixture thickens. Cool and flavour.

### Currant Cake

MRS. HIMMELSTRAND

1 cup butter	$1\frac{1}{2}$ cups currants
8 table-spoons sugar	2 cups sifted flour
4 eggs	

Beat butter and sugar until creamy. Add yolk of eggs and flour. Wash and dry currants and sprinkle with flour and add to other ingredients. Lastly add beaten whites of eggs. Bake for about 1 hour in a good oven.

## **LARGE AND SMALL CAKES, DOUGHNUTS, ETC.—(Contd.)**

### **Date Loaf**

HIGH CLERC

2 cups sour milk  
 $\frac{1}{2}$  tea-spoon soda  
 $\frac{1}{4}$  tea-spoon salt

1 cup brown sugar  
 1 large cup dates (chopped)  
 3 cups brown flour

Bake in slow oven 1 hour.

### **Devil's Food**

MRS. MARTIN

#### **I**

1 cup sugar  
 $\frac{1}{2}$  cup butter  
 2 squares chocolate, melted in  
 3 table-spoons hot water, or  
 2 table-spoons cocoa  
 1 cup milk

2 eggs, whites and yolks beaten  
 separately  
 1 tea-spoon baking powder  
 1 tea-spoon soda  
 $1\frac{1}{2}$  cups flour  
 1 tea-spoon vanilla  
 $\frac{1}{4}$  tea spoon salt

#### **II**

1 table-spoon butter  
 1 cup sugar  
 1 egg (yolk)  
 $\frac{1}{2}$  cup milk  
 $\frac{3}{4}$  cup flour  
 $\frac{1}{2}$  tea-spoon soda, in a little water

2 squares chocolate  
 1 tea-spoon vanilla  
 $\frac{1}{2}$  cup milk  
 $\frac{3}{4}$  cup flour  
 $\frac{1}{2}$  tea-spoon salt

Mix in order given and use egg white for icing.

## LARGE AND SMALL CAKES, DOUGHNUTS, ETC.—(Contd.)

### Variation to II

MRS. HESS

Cream together sugar and butter, make a soft custard by boiling together the chocolate,  $\frac{1}{2}$  cup milk and the beaten egg. Pour this custard on the butter and sugar, add the flour, after sifting 3 times, and the rest of the milk in which the soda has been dissolved. Bake in 2 layers.

### Fruit Cake

MRS. FINEFROCK

2 cups sugar  
 $\frac{1}{2}$  cup molasses  
 $\frac{1}{2}$  cup milk  
 1 cup butter  
 4 cups flour  
 1 tea-spoon soda  
 Citron to taste  
 3 eggs

1 tea-spoon cinnamon  
 1 tea-spoon cloves  
 1 tea-spoon mace  
 1 cup raisins  
 1 cup currants  
 1 cup English walnuts  
 1 tea-spoon lemon essence

### Gold Cake

MISS DICKSON

$\frac{1}{2}$  cup butter  
 1 cup sugar  
 5 egg yolks  
 1 egg  
 1 tea-spoon vanilla

$1\frac{1}{2}$  cups flour  
 $2\frac{1}{2}$  tea-spoons baking powder  
 $\frac{1}{2}$  tea-spoon salt  
 $\frac{1}{2}$  cup milk

Cream butter and add sugar gradually ; then add egg yolks and egg whites well beaten. Mix and sift dry ingredients and add alternately with milk to first mixture. Turn into a buttered and floured cake tin and bake in a moderate oven 45 minutes. Remove from pan and cover with cocoanut coffee icing.

## LARGE AND SMALL CAKES, DOUGHNUTS, ETC.—(Contd.)

### Marble Cake

MRS. McCAULEY

1 lb. butter (2 cups)  
2 cups sugar  
4 eggs  
2 tea-spoons cinnamon  
 $\frac{3}{4}$  tea-spoon cloves

A little nutmeg  
1 cup milk  
1 tea-spoon baking powder  
3 cups flour  
Lemon essence

PART I. Mix thoroughly  $\frac{1}{2}$  of the butter and  $\frac{1}{2}$  of the sugar. Beat the yolks of the eggs and add to sugar and butter; later add cinnamon, cloves and nutmeg. Stir this well with  $\frac{1}{2}$  of the milk. To the above ingredients add  $\frac{1}{2}$  of the flour and baking powder, well sifted together.

PART II. Mix thoroughly the other half of the butter and sugar, whites of the eggs well beaten,  $\frac{1}{2}$  of the milk, and the flour sifted with the baking powder and the lemon essence. Drop Part I and Part II into pan alternately, until it is half full. Bake in a hot oven.

### Plain Cake

{ MRS. CHUTE  
{ MRS. LAWSON

2 eggs  
1 cup sugar  
 $\frac{1}{2}$  cup butter  
1 $\frac{1}{2}$  cups flour  
 $\frac{1}{4}$  tea-spoon salt

1 tea-spoon vanilla  
 $\frac{3}{4}$  cup milk  
1 tea-spoon cream of tartar  
 $\frac{1}{4}$  tea-spoon soda  
1 tea-spoon cornflour

Take eggs and sugar and beat hard. Add essence and salt. Alternate flour and milk. Cream butter in tea-cup and stir it in last.

## LARGE AND SMALL CAKES, DOUGHNUTS, ETC.—(Contd.)

### Quick Cake

MRS. LIVENGOOD

- $\frac{1}{2}$  cup butter
- $1\frac{1}{2}$  cups brown sugar
- 2 eggs
- $\frac{1}{2}$  cup milk

- $1\frac{1}{2}$  cups flour
- 3 tea-spoons baking powder
- $\frac{1}{2}$  tea-spoon cinnamon and nutmeg
- $\frac{1}{2}$  lb. dates, cut fine

Put all in a bowl and beat for 3 minutes. Bake 35-40 minutes.

### Raspberry Cake

HIGH CLERC

- 1 cup sugar
- 2 table-spoons butter
- 2 eggs
- 2 cups flour

- 2 tea-spoons baking powder
- 1 cup stewed raspberries
- Cinnamon
- Nutmeg

Any fruit will do. Bake in layer tins.

### Spice Cake

MRS. ROTTSCHAEFFER

- 2 eggs
- $1\frac{1}{2}$  cups sugar
- 1 cup seeded raisins
- $\frac{2}{3}$  cup butter, or shortening

- 2 cups flour
- 1 cup buttermilk
- 1 tea-spoon soda
- Spices of all kinds

### Sponge Cake

MRS. LAWSON

- 6 egg yolks
- 1 cup sugar
- 1 table-spoon lemon juice
- $\frac{1}{2}$  lemon rind

- 6 egg whites
- 1 cup flour
- $\frac{1}{4}$  tea-spoon salt

## LARGE AND SMALL CAKES, DOUGHNUTS, ETC.—(Contd.)

### Butter Sponge Cake

MISS CHRISTENSON

3 eggs

1 cup sugar

 $\frac{1}{4}$  cup warm water (not hot)

1 cup pastry flour

1 tea-spoon baking powder

2 table-spoons hot butter

Beat eggs, add sugar and beat more; when creamy add water and flour with baking powder. Beat well. Add butter sizzling hot. Put in oven *immediately*.

This may be used as top for upside-down cake.

### Chocolate Sponge Cake

HIGH CLERC

4 ozs. chocolate (12 level table-  
spoons)

2 cups sugar

1 cup milk

6 eggs

2 cups flour

Vanilla

Melt the chocolate, add  $\frac{1}{2}$  of the sugar and the milk and cook together a few minutes. Beat the egg white stiff, add the rest of the sugar and beat into the hot chocolate mixture. Beat the yolks until thick and foamy and then beat into the chocolate mixture. Fold flour in carefully, add the vanilla and bake in sheets.

### Lemon Sponge Cake

HIGH CLERC

3 eggs

1 cup sugar

 $\frac{1}{4}$  cup hot water

1 cup flour

Lemon juice

## **LARGE AND SMALL CAKES, DOUGHNUTS, ETC.—(Contd.)**

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### **Velvet Cake**

HIGH CLERC

2 cups sugar

 $\frac{1}{2}$  cup butter

1 cup milk

3 cups sifted flour

6 egg whites

2 rounded tea-spoons baking powder

Beat sugar and butter to a cream, add milk, flour, eggs beaten stiff and baking powder; then beat as long as possible. This makes 2 loaves. Cover with chocolate icing.

### **Walnut Cake**

MISS CHANDLER

 $1\frac{1}{2}$  cups sugar $\frac{1}{2}$  cup butter $\frac{3}{4}$  cup sweet milk

2 cups flour

 $1\frac{1}{2}$  tea-spoons baking powder

4 egg whites, well beaten

1 cup chopped walnuts

### **Lemon Filling**

AMERICAN

Rind and juice of lemon

 $\frac{1}{2}$  cup cold water $\frac{1}{2}$  cup sugar

3 tea-spoons cornflour

6 egg whites (see lemon cake)

Boil the lemon juice and rind with sugar, then add the cornflour, mixed smoothly, with a little cold water. Cook 3 minutes and add the egg whites, stiffly beaten.

### **Orange Filling**

MISS CHANDLER

Juice and pulp of 2 oranges

1 orange rind grated

Sugar enough to stiffen

1 egg white beaten to a froth



## LARGE AND SMALL CAKES, DOUGHNUTS, ETC.—(Contd.)

### Plantain Cream

MRS. MILLER

2 eggs

8 table-spoons sugar

4 plantains

Beat egg whites until perfectly stiff and dry; mash plantains in a separate dish until quite smooth, sprinkling powdered sugar over them to prevent their turning dark. Add the plantain mixture to the whites, a spoonful at a time, beating after each addition. Sufficient beatings will make the cream as light and fluffy as whipped cream.

### White Mountain Cream

MRS. SIMPSON

2 cups sugar

2 egg whites

$\frac{1}{2}$  cup boiling water

$\frac{1}{2}$  tea-spoon lemon essence

Put sugar and water in saucepan and boil until it will spin a thread when dropped from a silver fork. Beat egg whites stiff. Pour over this the boiling hot syrup—beat until thick. Flavour and spread on cake.

### Chocolate Icing

MRS. GRAEFE

2 heaping table-spoons chocolate

2 table-spoons boiling water

Melt chocolate with boiling water and add powdered sugar until thick enough to spread. Beat until creamy and spread immediately. A little vanilla and a bit of salt may be added.

### Chocolate Icing (for Velvet cake)

HIGH CLERC

$\frac{1}{2}$  cake Baker's chocolate (melted)

1 $\frac{1}{2}$  cups sugar

6 egg yolks (see Velvet cake)

$\frac{1}{4}$  cup sweet milk

## **LARGE AND SMALL CAKES, DOUGHNUTS, ETC.—(Contd.)**

Put ingredients in a pan and set it in hot water and boil, until it thickens; then beat until cold; flavour with vanilla and spread on top of cake.

### **Cold Chocolate Icing**

MRS. McCAULEY

Butter, size of an egg

$\frac{1}{4}$  cake chocolate (or 3 tea-spoons cocoa)

1 egg

Pulverized sugar

1 tea-spoon flavouring

Beat egg and butter together with knife and add tea-spoon sugar and vanilla; beat more; add chocolate melted, and thicken with pulverized sugar.

### **Cocoanut Coffee Icing**

MISS DICKSON

1 cup sugar

2 egg whites

$\frac{1}{2}$  cup brown sugar

$\frac{1}{2}$  cup dessicated cocoanut

$\frac{1}{2}$  cup coffee infusion

$\frac{1}{2}$  teaspoon vanilla

A few grains salt

Put sugar and coffee in a saucepan, place on the stove, bring to the boiling point and let boil until syrup will spin a thread when dropped from point of a spoon. Pour gradually, while beating constantly, on to whites of eggs beaten until stiff and beat until cool. Set saucepan containing mixture into larger saucepan of boiling water placed on stove and cook until mixture becomes slightly granular around sides of pan. Remove from pan of boiling water and heat using spoon until mixture will hold its shape. Then add cocoanut, vanilla and salt. Pour on (Gold) cake and spread with back of spoon, leaving a rough surface.

## LARGE AND SMALL CAKES, DOUGHNUTS, ETC.—(Contd.)

### Ideal Icing

MRS. ROTTSCHAEFFER

1 cup sugar  
3 table-spoons cold water

1 egg white

To sugar add water and white of egg without beating. Put these into double boiler and beat for 8 minutes, as water boils in lower part. Flavour to taste. This must be like whipped cream and can be used as filling.

### Orange Icing

MRS. CHUTE

1 egg yolk  
1 orange (juice and grated rind)

1 lb. icing sugar (3 cups)

### Plain Icing

{ MRS. CHUTE  
{ MRS. LAWSON

1 cup sugar  
 $\frac{1}{2}$  cup boiling water

1 egg white (beaten)  
3 to 4 tea-spoons cocoa (if wanted)

Boil sugar and water, until it threads and stir into beaten egg (and cocoa).

### “Quality” Icing

MRS. FINEFROCK

1½ cups white sugar  
1½ cups brown sugar

$\frac{1}{2}$  cup boiling water  
3 egg whites (very stiff)

Boil sugar and water, until it threads. Beat into egg whites; set into pan of boiling water, or double boiler, and cook until slightly granular around the edge. Then beat and flavour. (This is a most delicious frosting—but causes some trouble.)

## LARGE AND SMALL CAKES, DOUGHNUTS, ETC.—(Contd.)

### Raisin Icing

MRS. LIVENGOOD

1 cup sugar  
 $\frac{1}{2}$  cup boiling water  
 1 table-spoon syrup

2 egg whites (beaten stiff)  
 1 cup chopped raisins  
 Flavouring (a few drops)

Cook sugar, water and syrup until it spins a long thread. Pour over stiffly beaten egg whites, beating constantly. When thick enough to spread add chopped raisins and flavour, spread on cake.

### Seven Minute Icing

MRS. WOLSTEAD

1 egg white (unbeaten)  
 3 table-spoons cold water  
 $\frac{1}{2}$  cup sugar

$\frac{1}{2}$  tea-spoon baking powder  
 $\frac{1}{2}$  tea-spoon vanilla

Put egg white, water and sugar in top of double boiler. Place over boiling water and cook 7 minutes, beating all the time with a beater. Remove from lower boiler, add baking powder and flavour. Beat and spread.

### Almond Tarts

MRS. HIMMELSTRAND

#### PART I

$\frac{1}{2}$  cup butter  
 2 large table-spoons sugar

1 egg  
 6 large table-spoons flour

Mix all well together and line patty pans with this pastry.

#### PART II

4 oz. grated cashew nuts  
 4 large table-spoons sugar

1 egg  
 A little almond essence

## LARGE AND SMALL CAKES, DOUGHNUTS, ETC.—(Contd.)

Mix well together and pour into Part I. Put strips of pastry across and bake. Then turn out.

### **Brownies**

MISS CHANDLER

$\frac{1}{2}$  cup butter

1 cup sugar

$\frac{1}{2}$  cup flour

1 cup nuts

2 eggs

2 squares chocolate

Mix like cake and drop from spoon on buttered pans. Bake in a moderate oven.

### **Cinnamon Buns**

{ MRS. ABERLY  
{ MRS. DUNKELBERGER

$\frac{1}{2}$  cake dry yeast

Sugar

3 pints water

Cinnamon

3 eggs well beaten

Butter, or other shortening

Flour

Soak yeast cake in  $\frac{3}{4}$  glass finger bowl of water from 3 p.m. until after dinner. Mix in the water (3 pints) and enough flour to make a batter as if for bread. Let it rise overnight, add more flour until stiff and very smooth. Add eggs, sugar, shortening. Let rise again, then roll into sheets, moisten with butter, sprinkle with sugar and cinnamon. Cut, shape into buns. Let rise again and bake in moderate oven.

### **Cheese Cakes**

MRS. TAPP

2 tea-cups milk

4 table-spoons butter

1 lime (juice only)

3 ozs. almonds

2 eggs

Sugar to taste

## LARGE AND SMALL CAKES, DOUGHNUTS, ETC.—(Contd.)

Put milk on the fire in chatty (degchi) and when it begins to boil squeeze in the lime juice; pour the curdled milk into a napkin and tie as for a boiled pudding and allow to drain. When the curd forms a lump, place it in a chatty and roll it smooth with a stick; add the yolks of eggs, butter, ground almonds and sugar to taste. Line the patty pans with puff paste, fill in the curds, dust powdered sugar on top and decorate with crossed bars of pastry and sliced candied peel. Bake a light brown.

### Cream Puffs

MRS. ROTTSCHAEFFER

1 cup boiling water

1 cup flour

$\frac{1}{2}$  cup butter

4 eggs

While water is boiling and on the fire, add the butter and flour and then set aside to cool. Beat in the eggs, one by one and beat for about 10 minutes. Put in hot oven and bake from 20 to 30 minutes. Fill with whipped cream, or custard.

### Cup Cakes

MRS. WOLSTEAD

$\frac{2}{3}$  cup butter

1 cup milk

2 cups sugar

$3\frac{1}{2}$  cups flour

4 eggs

4 tea-spoons baking powder

1 tea-spoon vanilla or lemon essence

Cream the butter and sugar, add yolks of eggs and beat hard. Add milk, then flour which has been sifted with baking powder. Add flavouring, fold in the stiffly beaten whites and bake in individual tins about 25 minutes. Cover with uncooked frosting.

This recipe makes 3 dozen cakes.

## LARGE AND SMALL CAKES, DOUGHNUTS, ETC.—(Contd.)

### Currant Cakes (Danish)

MRS. LANGE

- |   |  |
|---|--|
| $\frac{1}{2}$ cup (generous $\frac{1}{4}$ lb.) butter   | 4 eggs                                   |
| 1 cup ( $\frac{1}{2}$ lb.) sugar                        | 1 heaping cup ( $\frac{1}{2}$ lb.) flour |
| 1 cup chopped raisins and almonds, mixed<br>with sugar. |  |

Beat the butter and sugar to a cream and add the yolks one by one. Beat well till smooth. Add flour, fold in egg whites, spread out the dough thinly in a pan and sprinkle the mixture of raisins and nuts on top. Bake in a hot oven. Cut in squares and take from pan while hot.

### Eclairs (Chocolate)

MRS. SIPES

- |   |                     |
|---|---------------------|
| 1 cup sifted flour                            | 1 cup boiling water |
| $\frac{1}{2}$ cup butter, or other shortening | 3 eggs unbeaten     |

Sift flour once and measure. Melt butter in water. Stir flour into steadily boiling water. Cook and stir constantly until mixture leaves sides of pan in smooth compact masses. Turn into mixing bowl and thoroughly beat in one egg at a time. Shape with spatula into eclairs, ( $4\frac{1}{2} \times 1$  inch) on greased cookie sheet. Bake in hot oven 20 minutes, then reduce heat and bake 10 minutes longer. With sharp knife make slit in one side and insert soft chocolate cream filling, cover with chocolate icing.

### Soft Chocolate Cream Filling (for above)

MRS. SIPES

- |   |                                   |
|---|-----------------------------------|
| 2 squares Baker's unsweetened chocolate | $3\frac{1}{2}$ table-spoons flour |
| 2 cups milk                             | 2 eggs slightly beaten            |
| $\frac{3}{4}$ cup sugar                 | $\frac{1}{4}$ tea-spoon vanilla   |
| $\frac{1}{2}$ tea-spoon salt            |                                   |



## LARGE AND SMALL CAKES, DOUGHNUTS, ETC.—(Contd.)

Add chocolate to milk and heat in double boiler. When chocolate is melted, beat with rotary egg beater until blended. Sift sugar, salt, flour together; add to eggs. Pour small amount of chocolate mixture over egg mixture, stirring vigorously. Return to double boiler and cook 15 minutes or until thickened, stirring constantly. Add vanilla. Cool. This makes  $2\frac{1}{2}$  cups filling.

### Gems—Yum Yum

MRS. SIPES

$\frac{1}{2}$  cup cocogem  
1 egg  
2 cups flour  
1 cup raisins  
1 cup brown sugar  
1 cup sour milk

1 tea-spoon soda  
1 tea-spoon cloves  
1 tea-spoon cinnamon  
1 tea-spoon nutmeg  
 $\frac{1}{2}$  cup walnut meats chopped

Blend cocogem, sugar and egg at one time. Add sour milk, stir in sifted dry ingredients and add raisins and nuts. Bake in cup cake tins in moderate oven for 15 or 20 minutes. This makes about 18 cakes.

### High Clerc Delights

HIGH CLERC

$1\frac{1}{2}$  cups sugar  
 $\frac{1}{2}$  cup butter  
1 cup milk  
2 tea-spoons baking powder  
 $\frac{1}{2}$  tea-spoon salt

1 tea-spoon cinnamon  
2 cups flour  
2 cups rolled oats  
1 cup raisins, or nuts

Mix in the usual way, and drop small spoonfuls on a buttered tin and bake 15 or 20 minutes.

## LARGE AND SMALL CAKES, DOUGHNUTS, ETC.—(Contd.)

### Macaroons (Cashew Nut)

MISS CHANDLER

1 lb. nuts (well ground)  
2½ cups sugar

3 egg whites  
1 table-spoon chocolate, or cocoa, or  
cornflour

Beat the whites of the eggs and mix with other ingredients. Drop on flat tins and bake a nice brown.

### Macaroons (Cocoanut)

HIGH CLERC

¾ cup sugar  
3 eggs

3 cups grated dried cocoanut

Beat sugar and eggs together until light, add grated cocoanut and shape into small flat cakes with the hand. The dried cocoanut may be bought in most bazaars. If the fresh cocoanut is used, it should be dried in the oven and probably 2 eggs will be enough. Bake until nicely browned in a *slow* oven.

### Nut and Date Bars

MRS. ROTTSCHAEFFER

3 eggs  
2 table-spoons warm water  
1 cup sugar  
1 cup flour  
1 tea-spoon baking powder

½ tea-spoon salt  
½ tea-spoon cinnamon  
½ tea-spoon vanilla  
1 cup chopped walnut meats  
1 cup chopped dates

Beat eggs till light. Add warm water and beat till thick and lemon coloured. Add sugar, then fold in flour, into which baking powder, salt and cinnamon have been sifted. Last, add vanilla, walnuts and dates. Pour into a buttered pan to make a thin sheet, bake and cut into bars while still warm.

## **LARGE AND SMALL CAKES, DOUGHNUTS, ETC.—(Contd.)**

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### **Sandcakes (Danish)**

MRS. LANGE

1 cup ( $\frac{1}{2}$  lb.) butter

1 heaping cup ( $\frac{1}{2}$  lb.) flour

1 cup ( $\frac{1}{2}$  lb.) sugar

5 eggs

Candied citron peel cut in fine pieces.

Cream the butter, then beat it 15 minutes with the sugar. Beat the egg yolks, mix them thoroughly with the batter, then add the stiffly beaten whites and citron peel. Bake in a moderate oven  $1\frac{1}{2}$  hours.

### **Small Cakes (Kleiner-Danish)**

MRS. LANGE

3 eggs

3 table-spoons sugar

4 table-spoons cocogem

3 table-spoons milk

2 tea-spoons powdered cardamom seed

Flour to make a dough stiff enough to handle.

Mix the unbeaten eggs, sugar, milk and shortening; then add the flour and cardamom. Roll the dough out thin, and cut in pieces 1 inch wide and about 2 or 3 inches long. Cut a lengthwise slit in each piece and pull one end through the slit. Boil in deep fat as for doughnuts.

### **Swedish Cakes**

MRS. FINEFROCK

1 cup sugar

4 cups flour

1 cup butter

2 tea-spoons baking powder

3 or 4 tea-spoons cream

1 tea-spoon vanilla

4 egg yolks

Mix as usual, adding unbeaten yolks, one at a time, and beating vigorously. Drop on buttered tins and bake quickly.

## LARGE AND SMALL CAKES, DOUGHNUTS, ETC.—(Contd.)

### Tea Cakes

MRS. TAPP

2 cups (1 lb.) flour	1 egg
4 table-spoons (2 ozs.) butter	2 tea-spoons sugar and a few currants
1½ tea-spoons baking powder	

Mix all with a little cold milk; make into small cakes and bake in a quick oven.

### Cookies

*"Tell the cooks not to roll out their cookies, but make them just thick enough to drop off the spoon. It takes less flour and the cookies will be more tender."*

### Cookies

MRS. DOLBEER

½ cup butter	3 cups flour
1½ cups sugar	¼ tea-spoon nutmeg
2 eggs	2 tea-spoons baking powder
½ cup milk	

Cream the butter, add the sugar gradually, then the beaten eggs. Sift the flour, baking powder and nutmeg together and add alternately with the milk, to the first mixture. The mixture should be just stiff enough to roll nicely. If it is too soft, add a little more flour. Roll to ¼ inch in thickness. Sprinkle with granulated sugar. Cut into shape with cookie cutter. Place on greased tins and bake in a hot oven (450° F.) until nicely browned. A raisin or walnut meat may be placed on each cookie if desired. Cinnamon or ginger may be used in place of nutmeg.

## LARGE AND SMALL CAKES, DOUGHNUTS, ETC.—(Contd.)

### Almond Cookies

MRS. HIMMELSTRAND

- |                                |                       |
|--------------------------------|-----------------------|
| 4 cups flour                   | 5 table-spoons butter |
| 1½ cups sugar                  | 5 table-spoons syrup  |
| 2½ ozs. almonds (chopped fine) | 1 tea-spoon soda,     |

Knead well, roll in a long roll and cut in slices. Bake.

### Almond Overnight Cookies

MRS. WOOD

- |                        |   |
|------------------------|---|
| 1 cup white sugar      | 4½ cups flour                             |
| 1 cup brown sugar      | 3 eggs                                    |
| 1 tea-spoon cinnamon   | 1 cup cocogem and butter melted           |
| 1 tea-spoon vanilla    | ¼ lb. blanched almonds                    |
| 1 scant tea-spoon salt | 2 level tea-spoons soda sifted with flour |

Stir ingredients together. Form into loaf. Put in small bread pan. Put in cool place overnight. Turn out, slice and bake.

### Boston Cookies

MISS DICKSON

- |                         |                                   |
|-------------------------|-----------------------------------|
| 1 cup butter            | ½ tea-spoon salt                  |
| 1½ cups sugar           | 1 tea-spoon cinnamon              |
| 3 eggs                  | 1 cup chopped nut meats (walnuts) |
| 1 tea-spoon soda        | ½ cup currants                    |
| 1½ tea-spoons hot water | ½ cup raisins                     |
| 3½ cups flour           |                                   |

Cream the butter, add sugar gradually and eggs well beaten. Add soda dissolved in hot water and ½ the flour mixed and sifted with salt and cinnamon ;

## **LARGE AND SMALL CAKES, DOUGHNUTS, ETC.—(Contd.)**

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then add nut meats fruit and remaining flour. Drop by spoonfuls, one inch apart on a buttered sheet and bake in a moderate oven.

### **Butterless Cookies**

MRS. WARD

1 cup flour	1 egg (beaten)
1 tea-spoon baking powder	Vanilla
$\frac{1}{2}$ cup sugar	Cocoanut milk

Mix well flour, powder and sugar. Add egg, vanilla and cocoanut milk, sufficient to make a batter. Drop by table-spoonfuls on a greased tin and bake for 10 minutes. (This is sufficient for 10 or 12 cookies.)

### **Butter Scotch Cookies**

MRS. FINEFROCK

2 cups brown sugar	1 tea-spoon baking powder
1 cup shortening	1 tea-spoon soda
2 eggs	1 tea-spoon salt
1 cup raisins (ground in food chopper)	1 tea-spoon vanilla
$3\frac{1}{2}$ cups flour	1 cup chopped English walnuts.

These ingredients may be mixed and formed into a roll, kept overnight and sliced down as ice box cookies; or after mixing, flour hands and roll into small balls. Slightly flatten on pan, put English Walnut on top and bake at once.

*Variations* :—I. Omit raisins and add  $\frac{1}{3}$  cup cocoa for cocoa cookies. II. Add 1 table-spoon ginger for ginger cookies, also omitting nuts and raisins.

## **LARGE AND SMALL CAKES, DOUGHNUTS, ETC.—(Contd.)**

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### **Chocolate Cookies**

MRS. SIPES

- |                              |                              |
|------------------------------|------------------------------|
| 1 cup lard or butter (scant) | 2 tea-spoon baking powder    |
| 1½ cups sugar                | 1 tea-spoon vanilla          |
| 2 eggs                       | 6 table-spoons cocoa (level) |
| 4 table-spoons sweet milk    |                              |

Flour to roll out as soft as can be handled.

### **Chocolate Drop Cookies**

MRS. LAWSON

- |                      |                            |
|----------------------|----------------------------|
| 1 cup sugar          | ½ tea-spoon vanilla        |
| ½ cup ghee           | ¾ cup nut meats            |
| 2 eggs               | ¾ cup raisins              |
| 3 table-spoons cocoa | 2 tea-spoons baking powder |
| 1½ cups flour        | ½ tea-spoon salt           |
| ½ cup milk           |                            |

Drop from tea-spoon on pan and bake.

### **Clove Cookies**

MISS J. TE WINKEL

- |  |   |
|--|---|
| 1 cup white sugar                      | 1 tea-spoon soda dissolved in hot water |
| 1 cup brown sugar or jaggery           | 2 heaping tea-spoons cloves             |
| 1 cup shortening (½ butter ½ cocotine) | Flour to roll out.                      |

Roll out and cut, bake and eat.



## LARGE AND SMALL CAKES, DOUGHNUTS, ETC.—(Contd.)

### Cocoanut-Vanilla Cookies

MRS. WILCH

2 table-spoons butter  
1 cup sugar  
2 eggs beaten  
1 table-spoon milk

1 table-spoon vanilla  
2 cups flour  
2 tea-spoons baking powder  
2 cups cocoanut

Mix butter and sugar and beat until creamy. Add remaining ingredients and beat well. Drop from tea-spoon on greased tins. Bake in moderate oven.

### Cream Cookies

MRS. McCAULEY

2 eggs  
1 cup sugar  
 $\frac{1}{2}$  cup butter

2 table-spoons baking powder  
Flour to stiffen

Roll, cut and bake.

### Filled Cookies

MRS. FRANK

2 cups brown sugar  
1 cup shortening  
2 eggs  
 $\frac{1}{2}$  tea-spoon soda in  $\frac{1}{2}$  cup sweet milk

2 tea-spoons baking powder  
4 cups flour.

Mix, let stand overnight (if possible) roll thin.

## LARGE AND SMALL CAKES, DOUGHNUTS, ETC.—(Contd.)

### FILLING FOR ABOVE

1 cup raisins (chopped)

1 cup sugar

1 cup water

2 heaping tea-spoons cornflour

Boil filling, let cool.

Cut cookies, spread filling on one cookie and cover with another ; press edges together. Bake until brown. Ice with powdered sugar, if desired.

### Finnish Cookies

MRS. HIMMELSTRAND

2 cups butter

A few almonds

4 table-spoons sugar

3 cups (level) flour

Cinnamon

Mix all well together. Roll to the thickness of a finger and cut into pieces, 2 inches in length. To glaze them rub a little egg on the top, cover with cinnamon and sugar. Put them on a tin and bake a light brown. The glazing should not be on the bottom of the cookies.

### Ginger Cookies

MISS WELTY

1 cup molasses

1 egg

$\frac{1}{2}$  cup white sugar

2 tea-spoons ginger

$\frac{1}{2}$  cup butter

1 large tea-spoon soda

$\frac{3}{4}$  cup sour milk

Flour enough to roll well

## **LARGE AND SMALL CAKES, DOUGHNUTS, ETC.—(Contd.)**

### **Ginger Snaps**

MRS. McCAULEY

1 cup molasses (country "jaggery")  
1 tea-spoon soda (melted in the  
molasses)  
 $\frac{1}{2}$  cup sugar

$\frac{1}{2}$  cup butter  
1 tea-spoon ginger, or more if desirable  
3 cups flour (with an extra cup for the  
board)

### **Variation to Above**

MRS. LAWSON

1 cup butter and lard  
 $\frac{3}{4}$  cup sugar  
1 cup molasses  
 $\frac{1}{2}$  cup water

1 table-spoon ginger  
1 tea-spoon cloves  
1 tea-spoon soda in a little hot water.

### **Good Cookies**

MRS. FAIRBANK

$1\frac{1}{2}$  cup sugar  
 $\frac{1}{2}$  cup butter  
2 eggs

4 table-spoons sweet milk  
 $\frac{3}{4}$  tea-spoon soda  
Pinch of salt, nutmeg or vanilla

Add flour till stiff. Roll thin and bake crisp.

### **Ice Box Cookies**

MISS CHRISTENSON

2 cups brown sugar  
1 cup butter or cocogem or  $\frac{1}{2}$  of each  
2 unbeaten eggs  
2 tea-spoons vanilla

$\frac{1}{2}$  tea-spoon salt  
4 cups flour  
1 tea-spoon soda  
1 tea-spoon baking powder  
1 cup chopped walnuts

Mix and put into two moulds. Place in ice box until cold. Cut and bake.

## LARGE AND SMALL CAKES, DOUGHNUTS, ETC.—(Contd.)

### Jew Cookies

MRS. HIMMELSTRAND

1 cup butter ( $\frac{1}{2}$  lb.)  
 $\frac{1}{2}$  cup sugar  
 2 eggs and 2 whites

$\frac{1}{2}$  cup flour  
 1 tea-spoon soda  
 1 tea-spoon cinnamon

Some cardamoms and 5 bitter almonds or 20 mild ones.

Mix butter and sugar and then the other ingredients, except almonds. Roll into any shape. Use extra yolks for brushing over and put sugar and almonds on top.

### Molasses Cookies

MRS. ROTTSCHAEFFER

2 cups molasses, boiled and cooled  
 1 cup sugar  
 2 eggs  
 2 tea-spoons soda, dissolved in hot  
 water

1 cup butter-substitute  
 1 tea-spoon cinnamon  
 1 tea-spoon ginger  
 A little salt  
 Flour enough to roll out

Bake in moderate oven.

### Oatmeal Drop Cookies

MRS. LAWSON

1 scant cup butter, or substitute  
 1 cup sugar  
 2 eggs  
 4 table-spoons milk  
 1 tea-spoon soda  
 2 cups flour

$1\frac{1}{2}$  tea-spoons baking powder  
 1 tea-spoon salt  
 1 tea-spoon cinnamon  
 1 cup dry Quaker Oats  
 1 cup chopped raisins or nuts

Drop in tins and bake.

## LARGE AND SMALL CAKES, DOUGHNUTS, ETC.—(Contd.)

### Quaker Oats Cookies

MRS. HIMMELSTRAND

1 cup Quaker Oats  
 $\frac{1}{2}$  cup milk  
 1 table-spoon butter

1 tea-spoon sugar  
 1 tea-spoon salt  
 1 tea-spoon soda

Very scant cup flour.

Soak Quaker Oats in milk for  $\frac{1}{2}$  hour. Melt butter and put into it sugar, salt and soda. Mix all ingredients, roll out and cut into triangles.

### Peanut Cookies (with sour milk)

MRS. ROTTSCHAEFFER

1 cup chopped peanuts  
 2 cups flour  
 $\frac{1}{2}$  tea-spoon salt  
 $\frac{1}{2}$  tea-spoon soda  
 1 cup brown sugar

$\frac{1}{2}$  cup melted butter substitute  
 1 egg, well beaten  
 $\frac{1}{2}$  cup sour milk  
 1 tea-spoon vanilla

Mix and sift flour, salt, soda and add the brown sugar, then the butter substitute, egg well beaten, sour milk, vanilla and  $\frac{3}{4}$  of nuts. Drop from tip of spoon on well buttered sheet and sprinkle with the remaining nuts. Bake in a moderate oven.

### Peanut Drop Cookies

MRS. WOLSTEAD

$\frac{1}{2}$  cup sugar  
 1 egg  
 1 tea-spoon baking powder  
 $\frac{1}{4}$  tea-spoon salt

3 table-spoons butter  
 1 cup flour  
 $\frac{1}{2}$  cup chopped nuts  
 $\frac{1}{2}$  tea-spoon lemon-juice

## **LARGE AND SMALL CAKES, DOUGHNUTS, ETC.—(Contd.)**

Cream butter well with sugar. Add salt and baking powder to flour. Add the beaten yolk to the butter and sugar. Then add flour and nuts. Fold in the beaten white of egg, add lemon-juice and mix. Drop from a tea-spoon on oiled pan and bake in a hot oven. This mixture is very dry.

### **Plain Cookies**

MRS. LAWSON

1 cup butter (scant)  
1 level cup sugar  
2 eggs

1 table-spoon water  
1 tea-spoon baking powder  
Enough flour to make stiff dough

Roll thin, cut out and bake.

### **Sour Cream Cookies**

MRS. WILCH

1 cup brown sugar  
 $\frac{1}{2}$  cup shortening  
1 egg (beaten)  
 $\frac{1}{2}$  cup sour cream  
 $\frac{1}{2}$  tea-spoon salt

2 cups flour  
 $\frac{1}{2}$  tea-spoon nutmeg  
 $\frac{1}{2}$  tea-spoon soda  
2 tea-spoons baking powder  
1 cup chopped nuts

Cream sugar and shortening. Add other ingredients and mix well. Drop from tea-spoon on greased tins. Bake in hot oven for 15 minutes.

### **Sour Cream Drop Cookies**

MISS DICKSON

$\frac{1}{4}$  cup butter  
 $\frac{1}{2}$  cup sugar  
1 egg well beaten  
 $\frac{1}{4}$  tea-spoon soda  
 $\frac{1}{4}$  cup rich sour cream  
1 $\frac{1}{4}$  cups flour

$\frac{1}{4}$  tea-spoon salt  
2 tea-spoons baking powder  
 $\frac{1}{2}$  tea-spoon vanilla  
 $\frac{1}{4}$  cup raisins  
 $\frac{1}{2}$  cup nut meats (cut in pieces)

## LARGE AND SMALL CAKES, DOUGHNUTS, ETC.—(Contd.)

Cream butter, add sugar gradually and beaten egg. Dissolve soda in sour cream and add to first mixture alternately with flour, already sifted with salt and baking powder. Add vanilla, raisins and nut meats. Drop by spoonfuls on greased tin sheet and bake in a moderate oven.

### Walnut and Date Cookies

MRS. WILCH

1½ cups brown sugar  
1 egg  
1 tea-spoon vanilla

1 cup walnuts (chopped)  
2 cups flour  
½ cup cold fat

Beat sugar and egg. Add vanilla, stir in walnuts and flour. Knead in cold fat. Form into rolls 1½ inch diameter and place in ice-box for 7-8 hours. Slice into thin slices, spread with date mixture and in centre of each cake place a blanched almond. Bake in moderate oven until light brown. This makes about 60 cookies.

### DATE MIXTURE FOR ABOVE

½ lb. pitted dates  
Juice of 1 orange

1 table-spoon butter  
1 table-spoon honey

Moisten dates with orange juice. Place over slow fire until the mass is blended. Stir in butter and honey.

### Springerle

MRS. WOOD

#### (German Christmas Cookies)

12 eggs  
3 lbs. sugar  
3 lemon rinds grated

Beat one hour, then add  
2 qts. flour  
1½ tea-spoons baking powder

## LARGE AND SMALL CAKES, DOUGHNUTS, ETC.—(Contd.)

Roll  $\frac{1}{4}$  inch thick. Cut into shapes. Let stand overnight in a warm room. In the morning bake in lightly greased pans, in which anise seed has been sprinkled. This recipe makes about 20 dozen cookies.

### Fudge Squares

MRS WILCH

$\frac{1}{2}$ cup butter	$\frac{1}{2}$ tea-spoon baking powder
2 ozs. chocolate (2 squares)	$\frac{1}{2}$ tea-spoon salt
3 eggs	1 cup walnut meats
1 cup sugar	1 tea-spoon vanilla
$\frac{3}{4}$ cup bread flour	

Melt chocolate and add butter. Beat eggs, add sugar gradually and flour mixed and sifted with baking powder and salt. Then add chocolate and butter mixture, nut-meats and vanilla. Spread evenly in buttered shallow cake tins having the mixture  $\frac{1}{2}$  inch thick. Bake in moderate oven 10 minutes. Remove from oven and cut while warm into 2-inch squares. This makes 24 squares.

### Sticks (Butter Scotch)

MRS. WILCH

$\frac{1}{2}$ cup butter	1 cup flour
1 cup brown sugar	$\frac{1}{2}$ tea-spoon salt
1 egg (unbeaten)	1 tea-spoon baking powder
$\frac{1}{4}$ cup broken pecan meats	1 tea-spoon vanilla

Melt butter, add sugar and when well blended, remove from fire and cool until lukewarm. Add remaining ingredients and spread mixture in a shallow pan lined with greased white paper. Bake 30 minutes in hot oven. While hot, cut into strips (sticks).



## LARGE AND SMALL CAKES, DOUGHNUTS, ETC.—(Contd.)

### Ice Cream Wafers

MRS. GRAEFE

Mixing time 7 minutes

 $\frac{1}{2}$  cup shortening $\frac{3}{4}$  cup flour $\frac{1}{2}$  cup sugar $\frac{1}{2}$  tea-spoon salt

1 egg (well beaten)

 $\frac{1}{2}$  tea-spoon vanilla

Cream sugar and shortening thoroughly. Add egg, then flour sifted with salt and beat vigorously. Add flavouring and drop on cookie sheets like small marbles, well apart. Put a nut meat in centre of each cookie and bake 10 minutes in moderate oven. This makes about 25 wafers.

*Variation to above:*—Brown sugar may be substituted for white sugar and chopped nuts may be mixed with the batter. MRS. WILCH.

### Lace Molasses Wafers

MRS. LAWSON

1 cup molasses

2 cups flour

1 cup sugar

1 tea-spoon baking powder

1 cup butter

 $\frac{1}{2}$  tea-spoon soda

Slowly heat liquid ingredients and boil 1 minute; add dry ingredients; stir well; set pan in hot water. Drop on tins and bake.

### Oatmeal Wafers

MRS. WITTER

2 cups rolled oats

 $\frac{1}{2}$  cup sugar

1 cup flour

 $\frac{1}{2}$  cup butter or ghee $\frac{1}{2}$  tea-spoon soda $\frac{1}{4}$  cup hot water

After mixing let stand for  $\frac{1}{2}$  hour; roll thin in strips or squares. Bake in hot oven.

## LARGE AND SMALL CAKES, DOUGHNUTS, ETC.—(Contd.)

### Doughnuts

{ MRS. CHUTE  
{ MRS. ARMSTRONG

1 cup sugar  
3 eggs  
1 tea-spoon butter (only)  
 $\frac{3}{4}$  cup milk  
2 even tea-spoons cream of tartar or  
3 tea-spoons baking powder

1 even tea-spoon soda  
A little salt  
Nutmeg, or other flavouring  
Flour enough to roll (about 4 cups)

Beat sugar, eggs and butter together until very light. Add salt and flavouring, then the milk gradually. Sift the cream of tartar and soda into a little flour and stir in; add more flour until you are able to handle it. Take only a small portion at a time to roll out. Cut in rings, or twist into figure eights. Fry in boiling cocotine, or lard smoking hot. One tin cocotine is usually sufficient for the above, but it is wise to have more on hand as sometimes the cakes absorb more than at other times. A big piece of raw potato put into the pot is supposed to keep the fat from scorching.

### Doughnuts (3 dozen)

MRS. WOLSTEAD

2 eggs  
1 cup sugar  
1 tea-spoon salt  
1 table-spoon melted butter  
Vanilla

$\frac{1}{2}$  tea-spoon cinnamon  
1 quart-flour  
1 cup milk  
3 tea-spoons baking powder

Sift the flour, cinnamon and baking powder into a bowl and add the sugar. Add the milk, melted butter and beaten eggs, salt and flavouring. Roll out on

## LARGE AND SMALL CAKES, DOUGHNUTS, ETC.—(Contd.)

the board to  $\frac{1}{4}$  inch thickness, cut and fry in fat so hot that a blue smoke rises from it. Do not fry more than 5 doughnuts at a time or the fat will be cooled too much. Let the fat re-heat between fryings. Turn doughnuts, as soon as they float, then turn when brown underneath; when done drain on plain paper.

### Sponge Doughnuts

MRS. LAWSON

$1\frac{1}{2}$  cups sugar  
3 eggs (*well beaten*)  
 $\frac{3}{4}$  cup milk  
 $\frac{1}{2}$  cup water

Nutmeg and cinnamon  
1 quart flour  
2 heaping tea-spoons baking powder  
 $\frac{1}{2}$  tea-spoon salt

Mix sugar and eggs (*well beaten*) and beat together; then add the milk, water, spices, flour, baking powder and salt. Beat all well several minutes. The batter must be almost thick enough for a spoon to stand erect in it. Drop into hot fat a piece about the size of a small egg and fry to a crisp brown.

(Some put in  $\frac{1}{4}$  tea-spoon ginger, 1 tea-spoon vanilla instead of nutmeg and cinnamon.—EDITOR.)

### Gingerbread

MRS. LAWSON

$\frac{1}{2}$  cup sugar  
 $\frac{1}{2}$  cup ghee  
 $\frac{1}{2}$  cup treacle  
 $\frac{1}{2}$  cup milk  
2 eggs (*well beaten*)  
 $1\frac{7}{8}$  cups flour  
1 level tea-spoon soda

2 tea-spoons baking powder  
 $\frac{1}{2}$  tea-spoon salt  
1 tea-spoon ginger  
1 tea-spoon cinnamon  
 $\frac{1}{2}$  tea-spoon nutmeg  
 $\frac{3}{4}$  cup raisins

## LARGE AND SMALL CAKES, DOUGHNUTS, ETC.—(Conclud.)

(If sour milk is used 2 scant tea-spoons soda may be substituted for the baking powder.—EDITOR.)

### Soft Gingerbread

{ MRS. ABERLY  
{ MRS. DUNKELBERGER

1 cup sugar	1 tea-spoon cinnamon
$\frac{1}{2}$ cup lard	1 tea-spoon cloves
$\frac{1}{2}$ cup butter	2 tea-spoons soda, dissolved in a little warm water
3 eggs	4 cups flour
1 cup molasses	1 cup hot water, last of all
1 tea-spoon ginger	

### Soft Molasses Gingerbread

MRS. WOLSTEAD

1 cup molasses	$1\frac{1}{2}$ tea-spoons soda
$\frac{1}{2}$ cup melted butter	2 tea-spoons ginger
1 cup sour milk	$\frac{1}{2}$ tea-spoon salt
2 $\frac{1}{2}$ cups flour	A few drops vanilla

Put soda into sour milk, then add to the molasses. Sift dry materials together and add the wet to the dry; beating vigorously. Bake 25 minutes in buttered muffin pans, having pans  $\frac{2}{3}$  filled with the mixture.

## SWEETS OR CANDY.

### Suggestions for Candy Making

MRS. DOLBEER

All recipes should be strictly followed.

When a syrup forms a fine thread upon dropping from a spoon, it is called "hairing" or "threading". After this stage the syrup should never be stirred, as it will granulate.

In handling or pulling all boiled candies, the hands should be well buttered to prevent sticking.

If the pot in which the candy is boiled is buttered for an inch or two down, the liquid will not boil over. It will not rise after it reaches the butter.

Should fondant stick to the hands, dip the fingers in alcohol.

After boiled syrup is beaten it should look like lard or thick cream. Otherwise it has not been allowed to cool sufficiently before beating

Use fresh, cold water for each trial of candy, preferably ice water.

Cream of tartar should not be added until syrup begins to boil.

Butter should be put in when candy is almost done.

Flavours are more delicate when not boiled in candy, but added afterwards.

### Agar-agar Candy

MRS. ROTTSCHAEFFER

$\frac{1}{4}$  oz. agar-agar

2 cups boiling water

2 cups granulated sugar

$\frac{1}{4}$  cup golden syrup

Flavouring to taste

## SWEETS OR CANDY—(Contd.)

Pour boiling water on the agar-agar, bring to the boiling point and strain into the sugar and syrup. Boil until it spins a thread. Cool slightly before adding the flavouring and pour into tins, first wet with cold water. Cut into squares and roll in powdered sugar.

### Butter Scotch

MRS. DAVIES

2 cups sugar

½ cup butter

½ cup syrup

Boil until it forms a hard ball in water. Do not stir. Drip on to a cold marble slab or pour into a greased tin.

### Caramels (Old Fashioned)

MRS. ROTTSCHAEFFER

¾ lb. unsweetened chocolate (or cocoa)

1 cup golden syrup

3 cups sugar

1 cup milk

1 cup butter

1 tea-spoon vanilla

Stir well, then put on the fire and boil until syrup hardens, when put into cold water. When ready to remove from fire, beat in vanilla and pour into a buttered tin. Cut into squares and wrap in paraffin papers.

### Caramels (Vanilla)

MRS. STROCK

2 cups granulated sugar

1 piece butter

¾ cup sweet milk

1 tea-spoon vanilla

Put sugar in vessel and the milk when the cup, it is in, has been made full with a piece of butter and the vanilla. Stir this mixture until it begins to boil, then stop stirring, cook until it turns light brown, pour on buttered tin. When partly cool mark in squares.

## SWEETS OR CANDY—(Contd.)

### Chocolate Kisses

MRS. IRSCHICK

1 cup pulverized sugar

1 table-spoon flour

$\frac{1}{2}$  cup chocolate

3 egg whites

Beat whites to a stiff froth, add sugar, then chocolate and flour. Drop by tea-spoonfuls on buttered tins and bake in a quick oven.

### Cocoanut Sweetmeat

MRS. TAPP

1 viss white sugar

3 good cocoanuts (scraped)

Make sugar into a thick syrup. When the syrup is turning almost to sugar, put in the scraped cocoanut and keep on stirring until it becomes thick and falls in a mass from the spoon. Then take off the fire quickly and add pink to colour it and add a little rose essence. Spread on buttered plates and cut into squares before it hardens.

### Coffee Creams

MRS. STROCK

1 cup brown sugar

1 cup granulated sugar

$\frac{1}{2}$  cup strong coffee

Nut meats or cocoanut

Boil all but the nuts, or cocoanut, until it spins a thread from the tip of a spoon: beat to a cream, add nuts, or cocoanut and cut in squares or bars.

### Cream Candy

MRS. TEDFORD

4 cups sugar

$\frac{1}{2}$  cup water

1 tin unsweetened Ideal milk

1 small cup butter

1 $\frac{1}{2}$  tea-spoons flour

1 tea-spoon vanilla

Mix smooth sugar, milk, flour and water. Add butter and vanilla. Boil until it forms a soft ball in water.

## SWEETS OR CANDY—(Contd.)

### Date Bars

MRS. JOHN GOHEEN

$\frac{1}{2}$  lb. dates (1 cup)

Meats of 12 walnuts

$\frac{1}{2}$  lb. figs ( $1\frac{1}{2}$  cups)

Run all through a meat chopper. Mix thoroughly with hand. Mould into cubes. Roll cubes in castor sugar. Ready for table.

### Fondant

MRS. DOLBEER

3 cups granulated sugar

Pinch of cream of tartar

1 cup water

Flavouring

Stir the sugar and water and put on a slow fire. Make sure the fire is distributed evenly under the pan. When it begins to boil add the cream of tartar. Do not stir after it first begins to boil. When it forms a soft ball in cold water, remove from fire and pour on platter. When cool stir until it forms a white creamy mass; then knead with the hands and mould into any shape desired. If more than one flavor is desired, divide and pour on to more than one platter. The flavouring is added just before stirring. Wintergreen, maple and peppermint are very good flavours. Dipped in chocolate it is very tasty.

### Fondant (French)

AMERICAN

White of 1 egg

$\frac{1}{2}$  tea-spoon vanilla

1 table-spoon cream

Confectioner's sugar

Mix the ingredients thoroughly; add enough sugar, which has been sifted twice, to form a mixture sufficiently stiff to mould.

*N.B.*—These fondants may be varied by using other flavourings than vanilla and rolled in grated cocoanut, between and around nuts of all sorts, or with candied cherries, citron, etc.



## SWEETS OR CANDY—(Contd.)

### Fudge (Chocolate)

MRS. COVINGTON

1 table-spoon butter  
2 cups sugar  
 $\frac{3}{4}$  cup top milk

2 squares chocolate  
1 tea-spoon vanilla or  
 $\frac{1}{2}$  tea-spoon cinnamon

Melt butter in pan, add sugar, milk and chocolates, stir gently until chocolate melts. Boil without stirring to 238° F. or until mixture forms soft ball when tried in cold water. Remove from fire, let stand until cool and add flavouring. Beat with wooden spoon or work with spatula on marble slab. Pour  $\frac{3}{4}$  inch thick in buttered pan and mark in squares. For variety add 1 cup nut meats broken in pieces or 12 marshmallows cut in pieces.

### Fudge (Cocoanut)

MISS EDDY

1 cup chopped cocoanut  
1 cup brown sugar  
1 cup white sugar

1 cup milk, or cocoanut water and milk  
Butter size of an egg

Cook like any other fudge.

### Fudge (Divinity)

MRS. BANNINGA

2 cups white sugar  
 $\frac{1}{2}$  cup golden syrup  
 $\frac{1}{2}$  cup water

1 tea-cup nuts  
1 tea-spoon vanilla  
2 egg whites (beaten very stiff)

Mix syrup, water and sugar. Boil slowly without stirring until it forms a soft ball: then half of it may be poured very slowly over the egg whites. Let the other half continue to boil until it brittles and then pour slowly into the first mixture. Beat vigorously adding nuts and flavouring. Stir until thick and drop or spread on buttered paper.

## SWEETS OR CANDY—(Contd.)

### Fudge (Fig)

MRS. ROTTSCHAEFFER

¼ lb. chopped figs  
 2 cups granulated sugar  
 ¼ tea-spoon ginger powder

1 cup cold water  
 A few grains salt  
 Butter the size of walnut

Boil until quite thick, remove from fire, let cool and beat until creamy.

### Fudge (Maple)

MRS. ROTTSCHAEFFER

3 cups granulated sugar  
 1 cup milk, or cream  
 1 cup chopped cocoanut

2 tea-spoons maple flavouring  
 (Mapleine)  
 ¼ tea-spoon butter

Put sugar and milk into sauce pan. Stir until dissolved and bring to a boil; then cook until it forms a soft ball when tried in cold water. Add butter, maple flavouring and cocoanut. Remove from the fire and beat until creamy, pour into buttered tins and cut before cold. One cup walnuts, or other chopped nuts may be added if desired.

### Fudge (Opera Creams)

MRS. ROTTSCHAEFFER

1 cup milk  
 2 heaping cups sugar

2 squares chocolate or  
 1 oz. cocoa

Melt chocolate in the milk and add the sugar. Boil until it hardens (not brittle) when tried in cold water. Remove from fire, bring careful not to stir, and set aside until perfectly cool. Beat until creamy and pour on to buttered paper.

### Fudge (Peanut Butter)

HIGH CLERC

2 cups confectioner's sugar  
 ½ cup sweet milk

2 heaping table-spoons peanut butter

## SWEETS OR CANDY—(Cont'd.)

Boil 5 minutes; remove from fire and stir until it thickens; pour into buttered platter and cut into squares.

### **Fudge (Walnut Loaf)**

MRS. FINEFROCK

3 cups sugar	1 cup milk
1 table-spoon golden syrup	$\frac{1}{4}$ tea-spoon baking powder
3 level table-spoons butter	1 cup nuts
3 level table-spoons cocoa	1 tea-spoon vanilla

Cook as for fudge; pour into pan and let cool till comfortable to handle. Stir and then work, adding vanilla and nuts. Shape in long rolls, cut in slices when cold.

### **Lemon Sweets**

MRS. LAWSON

1 package lemon jelly powder	1 cup water
1 orange (juice)	1 cup sugar

Boil 5 minutes and let stand overnight. Cut in squares and roll in sugar.

### **Marshmallows**

MISS THOMAS

2 cups granulated sugar	$\frac{1}{2}$ packet gelatine
12 table-spoons cold water	

Boil the sugar and half the water until it will harden in cold water. Dissolve the gelatine in the remaining water. Pour syrup into the gelatine and beat for 30 minutes; spread on board and cut into cubes.

## SWEETS OR CANDY—(Contd.)

### Marshmallows (with Leaf Gelatine)

MRS. DOLBEER

2 cups sugar  
18 table-spoons water  
Vanilla

12 leaves gelatine  
Pinch of salt  
Pinch of cream of tartar

Cut gelatine into small pieces and soak in half the amount of water. Cook sugar with the other half. When the sugar begins to boil add cream of tartar. When the syrup threads remove from fire, pour into the gelatine mixture and beat until white and thick. Just before pouring out add the salt and flavour. Pour into granite pans, thickly dusted with *powdered sugar*, having mixture about one inch deep. Let stand in a cool place until thoroughly chilled. Turn on to a board, cut into cubes and roll in powdered sugar. Nuts, chocolate, fruit juices in place of part of the water, or candied fruits (chopped) may be added; or the plain ones may be rolled in grated cocoanut before being sugared. Dates stuffed with this confection are *delicious*.

### Molasses Pull Taffy

{ MRS. CHUTE  
{ MRS. LAWSON

1 big tin Lyle's golden syrup  
1 dessert-spoon vinegar

1 tea-spoon butter  
Vanilla

Put in a good sized saucepan and boil *without stirring* and very fast in order to prevent scorching. Shake saucepan to prevent burning but *do not stir with a spoon*. Remove when syrup forms a ball in cold water. Pour into buttered tins and set to cool, occasionally fold in the edges to keep them from getting hard before the center is cool. Do not butter your hands, but take up the taffy as soon as you can handle it and pull before it gets too stiff. Vanilla may be added just before taking from the fire. This candy deliquesces easily so cannot be kept long.

## SWEETS OR CANDY—(*Contd.*)

### Molasses Pull Taffy

MR. DOLBEER

*( for men )*

2 cups sugar  
1 cup golden syrup

$\frac{1}{2}$  cup water  
Pinch of cream of tartar

Mix sugar, water and syrup and, when it begins to boil, add cream of tartar. Boil until brittle when dropped in cold water. Pour on buttered platter. As soon as cool enough to handle, pull with buttered fingers. In pulling allow the candy to pull itself with its own weight and avoid pressure as much as possible. The result will be light and porous. (When pulled borrow your wife's best scissors, cut it into small pieces and eat.)

### Walnut Nougat

MRS. WOOD

1 cup brown sugar  
1 cup golden syrup  
1 table-spoon butter

1 tea-spoon lemon or lime juice  
 $\frac{1}{2}$  cup broken walnut kernels

Boil without stirring until brittle when tried in cold water. Stir walnut kernels in lightly and pour into buttered tin.

### Orange Straws

MRS. STROCK

1 cup orange peel to 1 cup sugar

Water enough to dissolve sugar

Cut orange peel into strips; soak overnight in salt water (2 spoons salt to 1 qt. water); drain, cook 20 minutes in clear water; pour off, adding fresh water and cook 20 minutes. Change the water again and boil 20 minutes. To orange peel add

## SWEETS OR CANDY—(Contd.)

sugar and water; boil till it hairs, when dropped from tip of spoon; roll in granulated sugar and lay on oiled paper to dry.

[Pomelo or Grape Fruit may be treated in the same way.—EDITOR.]

### Peanut Brittle

CAPRON HALL, MADURA

2 cups sugar  
1 cup peanuts

1 table-spoon butter  
2 table-spoons water

Brown the sugar, butter and water; add the peanuts, which have been browned separately. Stir constantly until it strings. Pour into pan and after it has cooled sufficiently, cut in squares.

### Bubbly Peanut Brittle

MRS. FINEFROCK

3 cups sugar  
1 cup golden syrup  
1 cup water  
1 lb. shelled peanuts

¼ tea-spoon salt  
1 tea-spoon vanilla  
2 table-spoons butter  
1 tea-spoon soda

Cook sugar syrup and water to hard ball stage. Add peanuts and cook till slightly caramelized. Remove and add butter, vanilla, soda. Stir, pour into buttered pan and break when brittle.

### Peppermints (Agar-agar)

MRS. ROTTSCHAEFFER

½ oz. agar-agar (gelatine)  
2 cups boiling water  
3 cups sugar

½ cup corn syrup  
Peppermint essence

## SWEETS OR CANDY—(Contd.)

Put agar-agar into a saucepan with boiling water and set one side. Put sugar and corn syrup into another saucepan. Boil agar-agar until dissolved. Remove from fire and strain into the sugar and syrup. Stir and cook mixture to 220°F (until it spins a thread). Add peppermint essence and pour into tin. When firm, cut into squares and roll in powdered sugar.

### Peppermint Creams

MRS. TAPP

3 cups castor or icing sugar

A few drops peppermint

1 white of egg

Mix sugar and egg with peppermint till quite stiff. Smooth out to required thickness with a knife, dipped in boiling water, and cut in round shapes with a cutter, or a liquor glass. Set on one side till firm.

### Pinoche

MRS. CANNADAY

3 cups brown sugar

2 cups milk

.1 scant cup butter

3 cups walnuts

Put all together, but the nuts. Stir constantly until hard enough to pull a little. Remove from the fire, and beat until cold, adding the chopped nuts.

### Sea Foam (No. 1)

{ MRS. MILLER  
{ MRS. LANGE

2 cups brown sugar

White of egg

$\frac{1}{2}$  cup water

## SWEETS OR CANDY—(Contd.)

Mix sugar and water and boil till it hairs. Then beat up the white of egg and pour syrup in, beating all the time. Beat up fast till quite stiff and drop on buttered tins. Flavour to taste.

### Sea Foam (No. 2)

MISS WELTY

1 cup water  
2 cups sugar

Whites of 3 eggs

Boil the above until a drop in water clicks against the glass. Beat up egg, etc. according to No. 1.

### Toffee (Caramel)

MISS MAIDEN

$\frac{1}{2}$  cup butter  
1 heaping cup sugar  
1 tea-spoon vanilla essence

1 large table-spoon golden syrup  
1 tin condensed milk  
Almonds (if desired)

Melt together butter, sugar and syrup and pour into it the condensed milk. Boil for 20 minutes, stirring all the time. At the last add vanilla (and almonds, if desired).

### Toffee (Russian)

MRS. TAPP

1 tin Swiss milk  
 $1\frac{1}{2}$  cups brown sugar

1 tea-spoon vanilla  
Butter, size of 1 egg

Boil the above for 15 minutes. Pour this into tins that have been dipped in cold water; cut into inch squares before it is cold.



## **SWEETS OR CANDY—***(Conclud.)*

### **Turkish Delight**

HIGH CLERC

1 oz. gelatine

2½ cups sugar

1 cup water

Soak gelatine in half the water for ½ hour. Then put sugar, gelatine and water to boil. Stir constantly, cook 15 minutes from the time it begins to boil, keeping it boiling briskly. Flavour to taste and pour into plates that have been steeped in cold water.

(FOR MARSHMALLOW)

Beat well till stiff and flavour with vanilla.

### **Tutti Frutti**

HIGH CLERC

2½ cups brown sugar

1 cup chopped nuts

1 cup milk

1 table-spoon butter

½ cup chopped dates

1 tea-spoon vanilla

½ cup chopped figs

Boil 5 to 8 minutes, stir until creamy, cool in shallow tins.

## SOUPS

### Broth (Scotch)

MRS. MOFFAT

1 tea-cup barley (well washed)	3 leeks (cut small)
3 lbs. neck of mutton, or runner of beef	1 carrot (large), or 2 small carrots grated
1 tea-spoon salt	$\frac{1}{4}$ fresh cabbage
1 small turnip, or	Parsley (minced)
$\frac{1}{2}$ large turnip	

When the water is hot, put in the beef and barley. Let the water boil and add salt, skim. Add the vegetables, except cabbage, salt to taste and let the broth boil a few minutes more, with the lid off. Then add the cabbage and parsley if desired. Cook very thoroughly and slowly and be careful to skim now and then. Boil 3 hours, taking out the meat when cooked 2 hours and re-heating at the last. Lift meats to hot dish. Put a little broth round the beef and serve.

### Cabbage Soup (1)

MRS. HIMMELSTRAND

1 cabbage	Stock
1 large table-spoon butter, or ghee	Whole peppers
1 table-spoon syrup	A little salt

Cut cabbage in small squares. In a saucepan melt the butter and put the syrup into that. Fry the cabbage brown, in this mixture for about  $\frac{1}{2}$  hour. Add the stock, some whole peppers and a little salt, and let the soup boil slowly for about  $1\frac{1}{2}$  hours.

SOUPS—(Contd.)**Cabbage Soup (2)**

AMERICAN

3 cups chopped cabbage  
 5 cups veal, or beef stock  
 2 table-spoons minced onion  
 1 stalk celery  
 1 tea-spoon sugar

1 pint milk  
 Salt and pepper  
 3 table-spoons butter, or drippings  
 2 table-spoons flour  
 A bit of bay leaf

Stew the cabbage for 25 minutes. Melt the butter; add the bay leaf and the onion and celery chopped and cook slowly for 10 minutes; then remove the bay leaf; add the flour and stock, the cabbage and sugar, turn in the milk and season to taste with salt and pepper.

Serve with cornmeal dumplings.

**Cream of Celery Soup**

MISS WELTY

1 small bunch celery, cut in inch  
 pieces  
 1 pint white soup stock  
 1 pint cream and milk

Small piece butter  
 Salt and pepper to taste  
 2 tea spoons flour

Stew celery in stock until tender; add milk, butter salt and pepper. Rub flour in cold milk, stir in and let boil.

**Chicken Gumbo Soup**

MRS. SIMPSON

1 chicken (cut into joints)  
 1 large onion (chopped fine)  
 6 large ripe tomatoes  
 1 table-spoon butter

2 doz. okras (lady fingers)  
 A little flour  
 $\frac{1}{2}$  cup rice  
 Salt and pepper to taste

## SOUPS—(Contd.)

Roll chicken in flour and brown it in butter. Place in soup kettle with onion and water and bring to boil over slow fire. Simmer gently 45 minutes. In meantime cover okra with cold water and soak 20 minutes. Cut in slices, fry in butter and add to soup. Cook slowly 1 hour, then add tomatoes and rice. Cook 30 minutes. Season with salt and pepper and serve hot.

### **Chowders**

MRS. CANNADAY

The *basis* of chowders is milk (or milk and water), onions, salt pork, or bacon, potatoes, pepper and salt, a little flour for thickening and some ingredient to give it a name and character.

The *general directions* for cooking chowders are as follows: Cut the pork into small pieces and fry: then add the sliced potatoes and sliced onions; season and allow to simmer in water just enough to cover them, for  $\frac{1}{2}$  hour. Add the ingredient that gives the chowder its name, and the milk. As soon as this begins to boil, thicken with a little flour and serve hot with crackers (unsweetened biscuit.) The following recipes will make enough to serve 6 or 8 people.

### **Celery Chowder**

6 medium-sized potatoes  
1 large slice pork  
1 large onion

4 cups milk  
1 bunch celery  
Salt and pepper to taste

Follow general directions, but allow the chopped celery to boil with the onions in 4 cups water before adding the potatoes.

**SOUPS—(Contd.)****Corn Chowder**

2 cups potatoes  
 ½ cup chopped onions  
 4 cups milk

1 cup tinned corn  
 1 medium slice pork  
 Salt and pepper

**Fish Chowder**

2, or 2½ lbs fish  
 6 large potatoes  
 2 large onions

1 large slice pork  
 4 cups milk  
 Salt and pepper

Cook fish separately and proceed according to general directions.

**Oyster Chowder**

This is made like fish chowder, substituting oysters for fish.

**Salmon Chowder**

1 large slice salt pork  
 1 large onion  
 3 cups potatoes (sliced)

3 cups milk  
 1 medium-sized tin salmon  
 Salt and pepper

Follow general directions adding salmon last of all after the milk has begun to boil.

**Potato Chowder**

6 potatoes  
 3 medium-sized onions  
 4 cups milk

1 good slice salt pork  
 Salt and pepper

SOUPS—(Contd.)**Tomato Chowder**

2 cups tomatoes	4 cups milk
6 medium-sized potatoes	1 large slice salt pork
6 medium-sized onions	Salt and pepper

The tomatoes should be added with the potatoes and onions and the milk at the last.

**Dal Soup**

MRS. CANNADAY

$\frac{1}{2}$ cup dal	1 cup cold water
1 large, or 2 small onions	Salt to taste

Grind the dal fine. Chop the onions and fry. Mix dal in water, add the salt and boil. If too thick, weaken with water. Serve hot. This is enough for two or three people.

**Hotch Potch**

MRS. MOFFAT

3 lbs. neck of mutton, or lamb	1 cauliflower
6 young turnips	2 pints green peas
6 young carrots	1 handful barley
6 young onions	Salt
2 $\frac{1}{2}$ quarts water	

Put rather more than  $\frac{1}{2}$  of meat in pot when water is hot. Add salt and when water boils, skim carefully. Boil 1 hour, then add remainder of meat cut in small chops, also turnips and carrots cut in dice, onions cut small and half the peas. Boil  $\frac{1}{2}$  hour longer. Chop up the lettuce, divide cauliflower into sprigs, chop parsley and add to soup with rest of the peas. Boil another  $\frac{1}{2}$  hour. Season. Dish up mutton on meat dish with chops (round), keep hot and serve hotchpotch.

SOUPS—(Contd.)**Lettuce Soup**

ALLIED COOKERY

(ZUPPADI LATTUGA)

1 small lettuce  
 Meat stock  
 2 potatoes

Leaves of a head of celery  
 2 table-spoons peas  
 1 heaping table-spoon flour

Put the potatoes, cold, boiled, into the stock when it boils, add the celery leaves, the lettuce chopped up, the peas, and the flour mixed well with a little cold stock or water. Boil for  $1\frac{1}{2}$  hours and serve with little squares of fried bread.

**Milk and Cheese Soup**

MRS. MILLER

3 cups milk, or part milk and part  
 stock  
 1 cup grated cheese

Salt and paprika to taste  
 $1\frac{1}{2}$  table spoons flour

Thicken the milk with the flour, cooking thoroughly. When ready to serve add the cheese and the seasoning.

**Mock Oyster Soup**

MRS. MCCAULEY

$\frac{1}{2}$  doz. onions  
 1 quart sweet milk  
 1 tea-spoon flour

1 tea-spoon butter  
 Salt and pepper

Boil onions in water enough to cover them. When soft, wash through a colander, then boil again in the milk. Mix flour with the butter and stir in soup. Let it boil thoroughly, season with salt and pepper.

SOUPS—(Contd.)**Pea Soup****MRS. MOFFAT**

Ham, or roast beef bone  
 1 lb. split peas  
 1 piece carrot  
 1 piece turnip  
 1 onion

A little minced parsley  
 Salt  
 Pepper  
 1 small piece soda  
 3 quarts cold water

Wash peas well and soak overnight with small piece of soda. Put on to boil with water. When boiling, skim well, and add onion, cut in small pieces. Boil for 3 hours, strain and return to the pot; add grated carrot and turnip, minced parsley, pepper and salt. Bring again to the boil. Serve with sippets of toast.

**Potato Soup (Scotch)****MRS. MOFFAT**

10 potatoes  
 10 ozs. dripping  
 1 large onion  
 Pepper and salt

3 quarts water  
 Minced parsley  
 $\frac{1}{2}$  carrot (large)  
 $\frac{1}{2}$  turnip

Add dripping to the water (cold) and when water is boiling, add the potatoes, sliced, and the onion cut very small; boil for 1 hour. Add parsley, carrot and turnip grated. Boil for  $\frac{1}{4}$  hour and serve hot. The soup should be thick and not watery.

**Prune and Peach Soup****AMERICAN**

1 lb. prunes, or  
 $\frac{1}{2}$  lb. prunes and  $\frac{1}{2}$  lb. dried peaches  
 1 pint cold water

2 table spoons sago  
 1 cup cherry, or other tart fruit juice



**SOUPS—(Contd.)**

Wash fruit well and soak overnight in a quart of cold water. In the morning add 1 pint cold water and let it come slowly to the boiling point. Add sago and let it simmer until the sago is clear and the fruit tender. Add fruit juice and let it boil up. Serve at once.

**Tomato Soup**

MISS WELTY

1 quart tinned tomatoes

Lump of butter (size of an egg)

 $\frac{1}{2}$  quart water and milk (1 to 3)

Pepper and salt

 $\frac{1}{4}$  tea-spoon soda

Cook tomatoes in the water and add soda; then add the milk, which may be heated, lump of butter, pepper and salt and let come to the boiling point only.

**Variation I**

1 tin tomato soup

Milk, equal in quantity to the soup

A tiny pinch soda

Heat tomato soup to boiling point, add the soda and stir in gradually the milk which has been heated separately.

**Variation II****PART I**

1 pint milk

2 table-spoons butter

1 table-spoon flour

Salt and pepper

Make cream sauce of above in a double boiler.

SOUPS—(Concl'd.)

## PART II

3 lbs. tomatoes

1 small tea-spoon soda

Boil the tomatoes, strain off the liquid so as to get 1 pint of good pulp. When this is boiling, add the soda, stir until the effervescence ceases, then add to the hot cream sauce, stir quickly, and serve with croutons of fried bread, or Jacob's Cream Crackers.

**Vegetarian Soup**

MRS. HIMMELSTRAND

Carrots

Flour

Peas

Milk

Cauliflower

Salt, pepper, chopped parsley

Butter

1 or 2 egg yolks ; beaten

Boil the vegetables and peapods separately. Melt butter in a saucepan, stirring in flour. Strain the peapods and put the liquid into the butter mixture. Add as much milk as there is liquid in the saucepan. Add the vegetables with the water they have been cooked in. Season with salt and pepper and a little chopped parsley. Put beaten egg yolks into this.

**Thimble Balls For Soup**

MRS. HESS

1 egg

A little flour

Beat flour into the egg with a fork adding it a little at a time until you have a soft dough. Roll out almost as thin as paper. Let stand for an hour, then fold one half upon the other. Cut with a thimble into tiny rounds and fry in hot fat.

## EGGS

### **Baked Eggs**

ALLIED COOKERY

2 dessert-spoons flour  
Pinch of salt, or sugar

6 eggs  
2 cups milk

Put flour and salt in a basin; break the eggs into it and beat them up with the milk. Pour this into a buttered dish, bake in a moderate oven. When the eggs have acquired a good colour, serve directly.

### **Variation I**

1 cup white sauce

Eggs

Butter a shallow dish. Make a cupful of nice white sauce, using cream instead of milk if you can, and put in the dish; gently lay raw eggs in the sauce, not too near together, and set the dish in the oven till they are firm. Be careful not to break the eggs or mix them. The easiest way is to break one at a time in a cup, and slip it into the sauce, and then another, and so on.

### **Variation II**

WITH CHEESE SAUCE

4 eggs  
1 table-spoon grated cheese  
2 table-spoons butter

2 table-spoons flour  
1 cup milk  
1 tea-spoon salt

### **PART I**

Brush an earthenware dish with a little butter; break into the dish the eggs, cover the mixture with the cream sauce (see below) and sprinkle it with cheese. Bake in a hot oven for 12 minutes.

**EGGS—(Contd.)****PART II. CREAM SAUCE**

Melt the butter, add the flour, mix well and add the cold milk slowly, stirring until smooth and creamy. Add the salt, a little pepper and boil for 2 minutes.

**Breakfast Toast****AMERICAN**

4 eggs	1 tea-spoon salt
4 slices bread	$\frac{1}{2}$ tea-spoon pepper
$\frac{1}{2}$ cup milk	$\frac{1}{4}$ tea-spoon paprika
3 table-spoons butter, or margarine	

Melt the butter in a frying-pan. Cut the bread in  $\frac{1}{4}$  inch slices and cut each slice into four squares. Lay these in the melted butter. Beat the eggs well, add the seasonings and the milk, and pour the whole over the bread. Cook until browned on the bottom, then turn in sections, using a broad spatula, and brown the other side. Serve very hot. Enough for four. Cold scones may be used in place of the bread, in which case cut them in halves or quarters.

**Coral Eggs****AMERICAN**

1 cup stewed tomato	A dash of pepper
3 eggs	1 tea-spoon parsley
$\frac{1}{2}$ tea-spoon salt	1 tea-spoon grated onion
1 tea-spoon sugar	

Put the stewed tomato in a small saucepan over the fire; then add the seasonings. Beat the eggs until they are well mixed; pour them into the hot tomato, stir until the egg is set, or firm. Serve this on 4 rounds of toasted bread.

EGGS—(Contd.)**Creamed Eggs (No. 1)**

MRS. STROCK

1 spoon butter

6 eggs

1 cup rich sweet cream

Salt and pepper

Put butter and cream into frying pan, break in the eggs, stir carefully, add salt and pepper to taste.

**Creamed Eggs (No. 2)**

MRS. STROCK

2 table-spoons butter

1 cup minced chicken, or mutton

 $\frac{3}{4}$  cup cream, or milk

Salt and pepper

4 eggs well beaten

Put butter, cream and eggs into buttered frying pan and cook very slowly, moving frying pan. Be careful that it cooks evenly. When nearly firm, sprinkle in the chicken, salt and pepper, fold over carefully and slide on to a hot plate. This is especially nice if *care* is taken.

**Curried Eggs**

MRS. STROCK

5 eggs

 $\frac{1}{2}$  tea-spoon curry powder

1 cup milk

 $\frac{1}{2}$  onion

1 table-spoon butter

 $\frac{1}{2}$  tea-spoon salt

Rub well the inside of a chafing dish, or aluminium pan with onion and put in butter. Beat the eggs and add curry powder dissolved in milk. Turn all into the aluminium pan and stir until smooth.

EGGS—(Contd.)**Devilled Eggs****AMERICAN**

4 hard boiled eggs  
 1 tea-spoon mustard  
 1 table-spoon butter, or olive oil  
 1 table-spoon vinegar

1 table-spoon cut parsley  
 A dash cayenne pepper  
 A dash paprika  
 1 tea-spoon salt

Cut the hard-boiled eggs into halves, lengthwise; remove the yolks, being careful not to break the whites. Powder the yolks with a silver fork; then add the mustard, salt, paprika, cayenne pepper and vinegar mixed together; add the butter, or olive oil, or half a cup of mayonnaise; mix until smooth, and fill into the whites; rough the tops with a fork. Serve on a bed of lettuce.

**Eggs Escalloped****AMERICAN**

4 hard boiled eggs  
 2 cups cold boiled ham  
 1 cup cream sauce

2 cups bread crumbs  
 2 table-spoons milk

Make the cream sauce as usual. Brush a casserole dish with bacon drippings, or butter; cover the bottom with one-third of the bread crumbs; cut 2 eggs into rounds, and place on the crumbs; cover with half of the ham and half of the cream sauce; add half of the remaining bread crumbs, the other 2 eggs sliced, the rest of the cream sauce, ham and the bread crumbs, which have been moistened with the milk. Bake in moderate oven for 20 minutes.

**Eggs à la Goldenrod****MRS. CANNADAY**

1 table-spoon butter  
 1 table-spoon flour  
 $\frac{1}{2}$  tea-spoon salt  
 $\frac{1}{2}$  salt-spoon pepper

1 cup milk  
 3 hard-boiled eggs  
 3 slices toast or cream crackers

**EGGS—(Contd.)**

Put butter in dish on the stove; when melted, add flour, salt, pepper, and gradually the milk, stirring all the time. Add the whites of the eggs chopped fine. When hot, put a large spoonful on each piece of toast, or cracker, and grate yolks over all. This may be served on rice instead of toast or crackers.

**Eggs in Bacon Rings**

MRS. WOOD

6 long slices of bacon

Salt and pepper

6 eggs

Parsley

Curl the slices of bacon around the inside of muffin cups, or small ramequins. Break an egg inside of each bacon ring. Season with salt and pepper and bake until set but not hard. Remove carefully from dish so that the egg will remain fastened to the bacon. Arrange on a platter and garnish with parsley.

**Eggs in Nests**

MRS. STROCK

Bake large potatoes; scrape out the centres without breaking the skins; mash; beat with salt, butter and cream to a frothy lightness; put a portion back into the skin, break a fresh egg into each nest, add salt and pepper and bits of butter on top, then carefully cover with more hot mashed potato and return to the oven for 10 minutes.

**Variation I**

6 eggs

 $\frac{1}{2}$  tea-spoon salt

6 rounds toasted bread

Pepper

 $\frac{1}{2}$  cup milk

Butter the toast and put it on a platter or plate which can be put into the oven. Separate the eggs, leaving each yolk separate in a small dish; beat the whites until

**EGGS—(Contd.)**

light; pile the whites on the buttered toasted bread, which has been dipped in cold milk. With the back of a spoon make places in the white of egg and put a yolk in each; place in a hot oven for 3 minutes, or until the eggs are set, or baked to your liking. Dust with salt and pepper. Serve at once.

**Eggs Nested in Rice**

AMERICAN

1 cup rice  
6 eggs

1 tin tomato soup  
 $\frac{1}{2}$  cup water

Cook the rice until tender. Drain, pour cold water through it, and dry in a warm oven. Hard-cook the eggs. Heat the tomato soup, adding the water to it. Mould the rice in an oblong heap on a platter. Make indentations in it and place the eggs, either whole or halved, in them. Pour the tomato sauce over all and serve hot. Will serve three generously.

**Eggs Nested in Tomato Shells**

AMERICAN

Large tomatoes  
Eggs

Salt and pepper  
Butter

Select large tomatoes, cut slices from the stem end with a sharp knife, remove core and take out the seeds. Stand the tomatoes on a dish and put in a warm oven until they are slightly soft. Dust with salt and pepper and put in each tomato  $\frac{1}{2}$  tea-spoon butter. Break in an egg, stand them back in the oven until the eggs are slightly solidified, and then serve at once. (Eggs require a very mild fire, and for this reason they make very good hot-weather dishes.)



EGGS—(Contd.)**Eggs and Onions**

MRS. OAKLEY

1 slice toast (for each person)  
1 hard boiled egg (for each slice)

White sauce  
Onions (spring, or cooking)

Butter the toast and place one (or more) eggs, cut in half, on each slice. Make white sauce (rich), season and cook chopped onions in it. When onions are soft, pour sauce over eggs and toast and serve hot.

**Omelet Plain**

AMERICAN

1 egg (for each person)  
1 table-spoon milk (for each egg)

Pinch of salt

Beat the whites of the eggs until they become very stiff ; then add a pinch of salt, the yolks and the milk, folding them in gently with a turn of the egg beater. Be sure that your omelet-pan is very hot before you put the butter into it, and when you have done this pour in the egg mixture. Let the omelet stand on the top of the stove for about 2 minutes, in order that the side next to the pan may get set and slightly browned ; then put the pan in a moderately hot oven and let it remain there for 4 or 5 minutes. By that time the omelet will be about 3 inches thick. It may be rolled, or turned out flat on a hot platter.

(Variations to above may be made by adding to the mixture bran, pepper, paprika, minced onion ; mashed potatoes ; cooked cereal ; boiled rice ; dried beef, etc. EDITOR.)

**An Omelet That Will Not Fall**

MRS. MILLER

Instead of a table-spoon milk or water to each egg, use a table-spoon white sauce. The omelet will be much improved both in flavour and stability.

EGGS—(Contd.)**Plantain Omelet**

MRS. FINEFROCK

6 eggs  
1 table-spoon sugar  
1 large plantain

2 table-spoons milk  
2 table-spoons flour  
Salt

Rub plantain fine with a fork and add to the beaten yolks. Then add flour dissolved in milk and add beaten whites last. Bake, or fry very slowly.

**Sweet Omelet**

MRS. DUNKELBERGER

3 whites of eggs  
1½ table-spoons sugar  
Beat well above

Add { 1 scant tea-spoon flour  
1 pinch baking powder  
Yolks of 3 eggs

Fry in ghee and fold. Serve with juice of 1 lime and sugar sprinkled over top of the omelet.

**Tomato Omelet**

MRS. MOFFAT

½ lb. bread-crumbs  
4 onions  
1 lb. tomatoes  
Pepper

1 oz. butter  
3 eggs  
½ pint-milk  
Salt

Take crumbs, chopped onions, pepper, salt, butter, the peeled and sliced tomatoes, milk and beaten eggs, mix well and put in greased pie dish. Shake over a handful of bread crumbs, add a few tiny dots of butter and bake till brown.

EGGS—(Contd.)**Ox Eyes**

MRS. STROCK

Cut slices of firm bread  $\frac{3}{4}$  inch thick ; cut an inch cookie cutter nearly through the slice ; carefully take out circle without breaking through the slice. Butter this cavity and edges and break in a fresh egg, add butter bits and salt and pepper. Then put in the oven and toast.

**Poached Egg Combinations**

MRS. CANNADAY

- I. Poach the eggs and serve on rice with a dressing of white sauce.
- II. Serve on spinach, seasoned with a little onion and salt and pepper
- III. Serve on bread, or cracker crumbs that have been moistened with melted butter.

**Poached Eggs and Fried Plantains**

MRS. MILLER

Take as many plantains as necessary, and cut them in pieces across ; fry in butter a light brown after having first floured them. Drain well and serve with poached eggs, the same as bacon and eggs would be served.

**Eggs Poached in Tomato**

MRS. McCAULEY

 $\frac{1}{2}$  pint strained tomato

2 eggs

Salt and pepper

Put tomato into the pan ; when hot break and drop in eggs, as for poaching. Cover for a moment, dust with salt and pepper and serve, dipping out carefully the eggs first, then cover with the hot sauce.

EGGS—(Concl'd.)**Eggs Stewed in Gravy**

MISS STRINGFELLOW

Pour a little gravy into an earthenware dish, set it on a stove. When it is hot, break into it as many eggs as will cover the bottom of dish. Keep pouring gravy over them with a spoon until they are white at the top. Strew over a little salt and serve on same dish.

**Scrambled Eggs**

MISS CHANDLER

Eggs (one for each person)

Butter

1 table-spoon milk (for each egg)

Salt and pepper

Beat eggs and milk together and season. Have the butter melted in a double boiler and mix in the egg and milk. Cover and leave to cook.

If the process must be hurried, stir the egg mixture around once in a while.

## FISH, FOWLS AND MEATS

### Gateau of Fish

MRS. LIVENGOOD

- 1½ lbs. cooked white fish
- 3 table-spoons fat
- ½ cup bread crumbs
- ½ cup milk
- 2 eggs

- 1 tea-spoon parsley
- 1 tea-spoon salt
- 1 tea-spoon tomato catsup
- A few grains white and red pepper

Remove skin and bones from fish and chop. Add bread crumbs, parsley and seasonings, milk, eggs (slightly beaten) and melted fat. Mix well, turn into a mold. Cover with greased paper and steam 1 hour. Serve with Bechamel Sauce (See below)

- ½ cup milk
- ½ cup fish stock
- 2 table-spoons fat

- 2 table-spoons flour
- ½ tea-spoon salt
- A little pepper

Melt fat, add flour, then fish stock, milk and seasonings. Cook until it thickens.

### Fish Pudding

MRS. HIMMELSTRAND

- 1½ cups bread crumbs
- ½ cup melted butter
- 1 tin fish paste

- 3 eggs
- 2 cups milk
- Peas

Mix bread crumbs with melted butter and fish. Beat eggs with the milk. Add the crumb mixture and let it soak for ½ hour. Put in a pie dish and bake. Turn out and serve with pear and melted butter.

## FISH, FOWLS AND MEATS—(Contd.)

### Fish Souffle

MRS. CANNADAY

See recipe for *chicken souffle*. Substitute 1 cup fish for 1 cup meat.

### Codfish Balls

MRS. CANNADAY

2 cups cooked fish

2 eggs

1 cup mashed potatoes

Salt and pepper

Mince the fish well and add potatoes and eggs. Season with salt and pepper, make into cakes and fry in hot lard. Fish flakes may be used instead of codfish.

### Findon Haddock Savoury

MRS. MOFFAT

1 tin findon haddock

1 egg

1 table-spoon cream, or milk

Pinch of cayenne

1 lump butter

Place haddock in a basin and beat up fine with a fork. Add cream, butter and pepper—mix all together. Cook for a minute or two, then beat up egg and add. Boil the mixture for another minute or so. Serve hot on buttered toast.

### Herrings and Potatoes

MISS STRINGFELLOW

Potatoes

3 table-spoons vinegar

1 onion

2 cups water (a little less)

6 tea-spoons butter

2 herrings

Flour

1 cup milk

Wash and boil some potatoes in their skins carefully, so that they do not break or get too soft. Drain them, peel and slice rather thickly, keep them hot,

## FISH, FOWLS AND MEATS—(Contd.)

Fry lightly the chopped onion in 1 oz. butter. Dust in some flour and vinegar and water. Put the pan to simmer at the side of the stove. Wash clean and remove bones from the fish. Cut up the fish small and to allow simmer in the sauce for a few minutes. Put the potatoes in next, stirring carefully so as not to break them. Then add the remaining butter and milk and stir all well, till it reaches the boiling point.

### Oyster Pigs in Blankets

HIGH CLERC

Roll 2, or 3 oysters in a slice of bacon. Fasten securely with small tooth picks and fry until crisp.

### Prawns Scalloped

MRS. WARD

#### PART I

2 cups cooked white rice  
1½ cups prawns

1½ cups milk  
1 tea-spoon butter

#### PART II

1 cup strained tomato  
1 table-spoon butter rubbed in flour to  
thicken

½ tea-spoon mixed spice  
½ tea-spoon cinnamon

Mix Parts I and II, cover with crumbs and bake 15 minutes.

### Salmon Croquettes

MISS WELTY

1 tin salmon, well drained  
1 egg

1 pint cold mashed potatoes  
Cracker crumbs

Mix salmon and potatoes thoroughly, form into balls, dip in egg, well beaten, roll in the cracker crumbs and fry in hot lard.

## FISH, FOWLS AND MEATS—(Contd.)

### Salmon Loaf

MRS. LAWSON

- 1 tin salmon, with liquor
- 1 cup cracker crumbs
- 2 eggs
- 1 tea-spoon salt

- $\frac{1}{4}$  tea-spoon pepper
- 2 tea-spoons butter
- 2 cups hot milk

Bake in a loaf until firm

### Salmon and Macaroni Escalloped

MISS JOHNSON

- 1 $\frac{1}{2}$  cups macaroni
- $\frac{1}{2}$  cup salmon
- 1 cup milk
- 1 table-spoon fat

- Salt and pepper
- Paprika and green pepper (if desired)
- $\frac{1}{2}$  cup bread crumbs

Melt fat in a baking dish. Line dish with part of the crumbs. Add a layer of salmon and macaroni and season. Cover with a layer of crumbs and repeat with a layer of salmon and macaroni. Repeat until dish is filled. Add milk and cover with rest of crumbs. Bake until done.

### Moulded Salmon

MRS. DIXON SMITH

- 1 tin salmon
- $\frac{1}{2}$  tea-spoon salt
- 1 $\frac{1}{2}$  table-spoons sugar
- $\frac{1}{2}$  table-spoon flour
- 1 tea-spoon mustard
- 2 egg yolks

- 1 $\frac{1}{2}$  table-spoons melted butter
- $\frac{3}{4}$  cup milk
- $\frac{1}{4}$  cup vinegar
- $\frac{3}{4}$  table-spoon granulated gelatine
- A few grains cayenne pepper
- 2 table-spoons cold water



## FISH, FOWLS AND MEATS—(Contd.)

Remove salmon from tin, rinse thoroughly with hot water and separate into flakes. Mix dry ingredients, add egg yolks, butter, milk and vinegar. Cook over boiling water, stirring constantly until mixture thickens; add gelatine, soaked in cold water; strain and add to salmon. Fill individual molds if desired.

### Salmon or Tuna Fish with Rice

MRS. WOOD

3 cups cooked rice

2 cups salmon or tuna fish

2 table-spoons butter substitute

Line a well oiled baking dish with the cooked rice. Cover both the bottom and sides with it. In the centre put the flaked fish. Cover the top with rice and dotted bits of butter substitute. Put into oven long enough for the fish to become heated and the top of the rice to brown slightly. Serve on a hot platter garnished with egg sauce (see below).

2 table-spoons fat

$\frac{1}{4}$  tea-spoon pepper

2 table-spoons flour

$1\frac{1}{2}$  cups milk

2 egg yolks

1 tea-spoon salt

Stir the mixture constantly till it boils; then pour it over the two slightly beaten egg yolks. Sprigs of parsley or thin slices of lemon will add a pleasing touch.

### Shrimp, Louisiana Style

MISS DICKSON

2 table-spoons butter

$\frac{3}{4}$  cup heavy cream

1 tea-spoon chopped onion

$\frac{1}{2}$  tea-spoon salt

1 small tin shrimps =  $\frac{3}{4}$  cup

$\frac{1}{2}$  tea-spoon celery salt

$\frac{3}{4}$  cup hot boiled rice

A few grains cayenne

3 table-spoons tomato sauce

## FISH, FOWLS AND MEATS—(Contd.)

Cook butter with onion five minutes, stirring constantly. Add shrimps broken in pieces, rice and heavy cream. When thoroughly heated, add salt, celery salt, cayenne and tomato sauce. Turn onto a hot serving dish and garnish with puff paste crescents or toast points and parsley.

### Chicken à la Baltimore

MRS. SIMPSON

1 chicken

Salt and pepper

Eggs (beaten)

Crumbs

Butter (melted)

Cream gravy

Prepare as a chicken for boiling, cut into joints, season with salt and pepper, dip in beaten eggs and roll in crumbs. Place in a buttered pan, pour melted butter over it and bake in steady oven 25 minutes. When tender remove to hot dish. Serve with cream gravy, corn fritters and crisp bacon.

### Chicken Boned ("Gumpose")

MRS. CANNADAY

Chicken

Stuffing

Grease

Salt and pepper

Flour

Onions

Vinegar

Nuts

Raisins

Prepare chicken as usual. Then take out bones and flatten as if for grilling. Put in a good stuffing and fold chicken together over stuffing; then sew together. Grease the chicken, partly fill degchi with some water, salt vinegar and pepper and a little flour. Cook slowly and when put on platter to serve, cover with sauce made of onions, nuts and raisins fried together.

(The Editor hopes this is a correct translation from her cook's Telugu.)

## FISH, FOWLS AND MEATS—(Contd.)

### Chicken and Cabbage

ALLIED COOKERY

#### A DISH OF AUVERGNE

$\frac{1}{2}$  lb. salt pork, sliced  
1 chicken, or fowl  
1 large clove of garlic

3 large onions, sliced  
Salt and pepper  
Flour

Put salt pork in the bottom of a kettle; when a little melted put in the chicken, stuffed as for roasting. Put in garlic, onions, salt and pepper. Dredge with flour, put in a little water and cover closely. Dredge and baste the fowl every 15 minutes, adding water each time. Cut cabbage into 4 pieces and put in the kettle 1 hour before the fowl is cooked. A fowl will take not less than 3 hours and a chicken 2 hours.

### Chicken Country Style

MRS. LIVENGOOD

1 chicken  
Sweet milk  
Salt

Garlic  
Flour  
2 Table-spoons flat

Cut up chicken. Soak in cold milk to which a little salt and garlic has been added. Dry chicken in flour. Melt fat in iron frypan. Place chicken in it and cook in hot oven 20 minutes, lower heat and cook until tender. Use milk in the gravy.

### Chicken en Casserole

MRS. DOLBEER

A 1 yr. old chicken  
1 cup boiling water  
1 cup cream or milk

$2\frac{1}{2}$  cups fresh mushrooms  
 $\frac{1}{2}$  cup soft butter

Separate the chicken into pieces for serving. Spread with the butter. Arrange in a casserole and sprinkle with salt and pepper. Pour around it the boiling water or

## FISH, FOWLS AND MEATS—(Contd.)

chicken stock. Cover and cook in a moderate oven until tender—about 1 or 1½ hours. Add mushrooms peeled and cut crosswise in slices; continue cooking 10 minutes, or until mushrooms are soft. Remove chicken and thicken liquor with flour, diluted with cold water to form a smooth, thin batter. Replace chicken, cover and serve in the casserole.

### Dove Chicken

MRS. SIMPSON

1 chicken (large)  
6 large ripe tomatoes  
Some minced parsley  
2 red peppers  
2 chopped onions

A little black pepper  
Salt to taste  
Mashed potatoes  
1 tea-spoon raisins

Boil the chicken in enough water to cover it. When tender, remove the chicken and add to the water the tomatoes, parsley, red peppers, onions, pepper and salt. Stew down to a rich gravy. Then make a stuffing of mashed potatoes, moistened with part of this gravy and add the raisins. Stuff the chicken and brown in the oven. Place on a hot platter and pour around it the rest of the hot gravy.

### Chicken à la Espagnol

MRS. WILCH

1 (5 lb.) chicken  
1 (10 oz.) bottle green olives (stoned  
and minced)  
1 green pepper (chopped)  
Cold water to cover  
½ cup butter or oil  
2 medium sized onions

1 (No. 2) tin tomatoes  
1 (No. 2) tin peas  
1 (No. 2) tin mushrooms  
2 tea-spoons salt  
1 tea-spoon sugar  
Flour for thickening

## FISH, FOWLS AND MEATS—(Contd.)

Prepare and cut chicken as for a fricasee. Sprinkle with salt and dredge with flour. Brown it lightly in the fat, remove it and add sliced onions, tomatoes, olives, sugar and green pepper. Simmer for 10 minutes, then add the chicken and the liquid from the tins of peas and mushrooms with enough cold water to cover, measuring all liquids. Add salt, cover and simmer for about  $1\frac{1}{2}$  hours or until chicken is tender. Add drained peas and mushrooms and for every cup of liquid, stir in 1 table-spoon flour mixed smoothly with cold water. Stir until it boils. Let simmer for 15 minutes longer and pour into a deep dish and garnish with toast points.

Fresh tomatoes and peas may be used, using 3 cups of each. The mushrooms can be omitted. This serves six people.

### Fried Chicken

MRS. SIMPSON

1 chicken (half grown)

1 cup flour

Salt and black pepper

Lard

2 or 3 thin slices bacon

3 cups fresh milk

Cut chicken into joints. Soak 5 minutes in salt water. Sift flour, season with salt and pepper. Remove chicken from salt water. Roll each piece in flour and fry in deep hot lard to which the bacon has been added. Remove chicken to hot platter. Add a little flour to the fat, brown well and add milk for gravy. Serve with hot waffles.

### Chicken Gumbo

MRS. DOWNIE

1 chicken

A little ham

1 onion

6 tomatoes, or  $\frac{1}{2}$  tin

1 qt. okra pods (lady fingers)

A bay leaf

A sprig parsley

1 table-spoon butter

Salt, and pepper

Cayenne pepper

} to taste

## FISH, FOWLS AND MEATS—(Contd.)

Disjoint the chicken and cut the ham into small pieces, or dice it. Chop the onion and parsley and cut the okra pods into fine pieces. Melt the butter in a large frying pan and cook the chicken to a delicate brown. Add the other articles and cook until they are a light brown, taking care the okra is not scorched. Add the tomatoes to the gumbo and simmer slowly for  $\frac{1}{2}$  hour. Add  $2\frac{1}{2}$  qts. water, boiling hot, cover closely and simmer for  $1\frac{1}{4}$  hours longer. Season well. (All Creole cookery is given plenty of cayenne pepper.) Serve hot with boiled rice.

### Chicken à la King

MRS. FINEFROCK

4 table-spoons butter  
2 table-spoons flour (or corn flour)  
1 cup chicken broth  
1 cup milk  
1 tea-spoon salt

2 cups chopped cold chicken  
1 cup mushrooms (sliced and fried  
about 5 minutes)  
 $\frac{1}{4}$  cup chopped fimentos

Make sauce of butter, flour, milk and broth. Cook and add other ingredients. Serve in patty shells or on toast. (2 egg yolks, well beaten may be added last to give color).

### Chicken Patties

MRS. McCAULEY

Meat of cold chicken  
Butter  
Milk

Flour  
Salt and pepper  
Yolk of egg

Pick meat from a cold chicken and cut in small pieces. Put into saucepan with a little hot water and milk, butter, salt and pepper. Thicken with a little flour and yolk of egg. Line patty pan with a good crust and bake. When done fill with chicken.

## FISH, FOWLS AND MEATS—(Contd.)

### Creamed Chicken with Peas

HIGH CLERC

Whole chicken (cooked and cold)

1 cup milk and cream

1 large cup peas (cooked)

 $\frac{1}{4}$  tea-spoon salt

2 table-spoons butter

A few grains pepper

3 table-spoons flour

Put butter in chafing dish, stir until melted and bubbling. Add flour mixed with seasoning, and stir until thoroughly blended. Pour on gradually the milk, adding about one-third at a time, stirring until well mixed, then beating until smooth and glassy. Cook over small blaze. Add cold shredded chicken and peas.

### Pressed Chicken

MISS WELTY

Cook chicken well done, then salt and pepper it. Save about a pint of stock. Remove meat from bones, shred fine, add stock, mix thoroughly, put in mold in cool place. Veal can be used in the same way.

### Smothered Chicken

MRS. SIMPSON

1 chicken

Pepper and salt

Butter

A little flour

When the chicken is dressed ready for cooking, split it in the back and place flatly in a covered pan with a dressing of butter, pepper, salt and a little flour and only enough water to produce a steam. Cook in oven until tender. Remove cover from pan and brown.



## FISH, FOWLS AND MEATS—(Contd.)

### Chicken Souffle (Mutton or Goat) MRS. CANNADAY

1 cup thick white sauce  
Chopped parsley and onion juice

1 cup finely chopped meat  
2 eggs

Make white sauce and flavour with parsley and onion juice. Stir into the sauce the cold meat. Stir over the fire, then add the beaten yolks of the eggs. Cook 1 minute and set aside to cool. When cold, fold in the beaten whites and bake 20 minutes in a buttered dish.

### Cabbage Duck MISS CHANDLER

1 duck  
1 cabbage  
2 green chillies  
1 small piece ginger

$\frac{1}{4}$  tea-spoon powdered saffron  
2 tea-spoons salt  
1 table-spoon cocogem  
1 white onion

Cut the cabbage into 4 parts but do not separate. Place the spices, onion and cocogem with the cabbage in a saucepan, place the duck over the cabbage and allow all to boil till softened

### Pigeons Stewed MISS MAIDEN

6 pigeons  
2 handfuls small onions  
1 tea-spoon pepper powder  
1 tea spoon ground red chillies  
 $\frac{1}{2}$  wine glass Worcestershire sauce

$\frac{1}{2}$  tea-spoon ground saffron  
Salt to taste  
 $\frac{1}{4}$  coffee cup ghee  
Water enough to cover  
Lucca oil.



## FISH, FOWLS AND MEATS—(Contd.)

Cut pigeon into halves and skin the onions. Mix all the ingredients (except sauce and oil) raw and set on to cook until the birds are tender. Add the sauce and oil enough to bring it to  $\frac{3}{4}$  glass. Leave it to simmer until the gravy is sufficiently reduced.

(A tender chicken may be minced with the pigeons, if a sufficient number of pigeons is not attainable.)

### Beef and Cabbage Rolls      MRS. HIMMELSTRAND

Whole cabbage leaves

1 lb. beef

1 egg

1 cup cooked rice

Pepper and salt

Gravy or water

Cut whole cabbage leaves from the stalk and boil them until soft, but whole. Mince the beef and mix with egg and rice, pepper and salt. Put a spoonful of this mixture into the boiled cabbage leaves, roll together and brown them well in the frying pan. Put them into another saucepan and put some gravy or water in and steam for 2 hours.

### Corned Beef      MRS. LIVENGOOD

4 lbs. round of beef

(bone removed)

1 scant tea-spoon saltpetre.

2½ table-spoons salt

$\frac{1}{4}$  lb. ghur or jaggery

2 limes

Work the other ingredients into the meat very well. Knead every day. Will be ready for use in about 5 days.

### Escalloped Beef      MISS WILSON

Minced beef

Bread crumbs

Thickened gravy, or soup stock

Butter

## FISH, FOWLS AND MEATS—(Contd.)

Cold beef minced and placed in layers, alternating with bread crumbs, should be seasoned with each layer, and a little thickened gravy, or soup stock be added to make it reasonably moist. Add a layer of crumbs with bits of butter last and bake in a slow oven.

### Beef Loaf

MRS. LAWSON

3 lbs. lean beef  
 $\frac{1}{2}$  lb salt pork, or  
 $\frac{1}{4}$  lb. bacon  
 2 cups hot water  
 2 eggs

$1\frac{1}{2}$  cups dry bread crumbs, or  
 1 small loaf bread  
 1 small onion  
 Salt, pepper, sage

Grind beef well. Soak bread crumbs, or bread torn into pieces, in the hot water. Mix all thoroughly, shape into a loaf and bake.

### Potted Beef (Scotch)

MRS. MOFFAT

1 shin beef  
 4 pints water

2 onions  
 Salt and pepper

Boil gently, strain, then mince meat finely, season, add mince to the gravy. Boil 10 minutes and put into molds.

### Beef Steak Smothered in Onions

MISS WELTY

Onions  
 Steak

Suet  
 Pepper and salt

Slice the onions thin and drop in cold water, sear steak on both sides in hot pan with a little suet. Add onions, season with pepper and salt, cover tightly, fry until done. Lay steak on hot platter and pour onions over.

## FISH, FOWLS AND MEATS—(Contd.)

### Spanish Steak

MRS. LIVENGOOD

- |  |  |
|--|--|
| <p>1½ lbs. round steak cut<br/>         1½ inches thick<br/>         ½ cup flour<br/>         4 table-spoons bacon or other fat<br/>         2 table-spoons chopped onion<br/>         3 tables green pepper</p> | <p>3 table-spoons chopped celery<br/>         1 tea-spoon salt<br/>         ½ tea-spoon pepper<br/>         2 cups tomatoes (fresh or tinned)<br/>         1 cup water</p> |
|--|--|

Pound flour into steak and sprinkle with salt and pepper. Place fat in frypan; add onions, celery and peppers; cook 3 minutes. Add meat and brown on both sides. Add tomatoes, cover and bake 1 hour in slow oven. Add water and bake 1 hour more. Kodai mushrooms make a good addition to this recipe.

### Swiss Steak

MRS. FINEFROCK

- |                                      |                                  |
|--------------------------------------|----------------------------------|
| <p>Thick steak<br/>         Salt</p> | <p>Pepper<br/>         Flour</p> |
|--------------------------------------|----------------------------------|

Get a thick steak (2 inches), place it on a board and sprinkle with salt, pepper and flour and pound with a saucer, adding more flour. Reverse and do the same, until it will absorb no more flour (at least 1 cup should be used). Sear quickly in a hot, buttered pan, then nearly cover with boiling water and simmer for 2 hours. More water may be added for gravy if needed.

### Pineapple Chops

MISS CHANDLER

- |   |  |
|---|--|
| <p>1 lb. chopped mutton<br/>         1 pineapple<br/>         2 table-spoons salad oil<br/>         1 Salt spoon pepper</p> | <p>1 table-spoon Worcestershire sauce<br/>         1 dessert-spoon vinegar<br/>         1 tea-spoon salt</p> |
|---|--|

## FISH, FOWLS AND MEATS—(Contd.)

Boil the pine apple. Mix meat with the other ingredients and allow to soak for 4 hours. Then fry and serve on top of pine apple slices, placed on a hot platter.

### Mutton and Bread Pattie

MISS CHANDLER

1 loaf bread  
 $\frac{1}{2}$  lb. mutton  
 Cocogem

Pepper, onion, salt  
 Mint, sauce, parsley

Cut bread into 4 parts and fry in cocogem till it gets brown. Add spices to meat well minced. Shape bread, like a basket and fill with minced meat.

### Mutton Okra

MRS. FRANK

1 large onion  
 3 table-spoons ghee (or other shortening)  
 $\frac{1}{2}$  lb. ground mutton  
 $\frac{1}{2}$  lb. okra

Salt to taste (about  $\frac{1}{2}$  table-spoon)  
 Pepper  
 $\frac{1}{2}$  tea-spoon turmeric  
 3 table-spoons water

Slice onion and fry in ghee. Add ground mutton and fry until both are brown. When done add lady fingers (already washed and sliced), salt, pepper, turmeric and water and boil slowly until the okra is done (about  $\frac{1}{2}$  hour).

### Roly Poly Bacon Pudding

MRS. SAUNDERS

2 cups flour  
 1 tea-spoon baking powder  
 1 table-spoon dripping

$\frac{1}{2}$  lb. bacon  
 1 large onion  
 1 table-spoon thyme

## FISH, FOWLS AND MEATS—(Contd.)

Mix flour, baking powder and dripping together. Roll out on board, cut bacon into small pieces, slice onion, spread over pastry and sprinkle thyme over. Roll up in cloth ; tie ends. Boil 2 hours. Serve hot.

### Pork Roast

MRS. HIMMELSTRAND

3 lbs. pork  
1 table-spoon salt  
 $\frac{1}{2}$  tea-spoon pepper

1 tea-spoon sugar  
4 ozs. prunes  
A bit of mustard

Rub into the pork a mixture of the salt, pepper, sugar and mustard. Seed the prunes and with your finger, or a stick, make holes in the pork and put the prunes inside ; then roast as usual.

### Bobbity

CAPRON HALL, MADURA

1 lb, chopped meat  
2 large table-spoons ghee  
2 large table-spoons onion  
1 large table spoon curry powder

1 lime (juice only)  
 $\frac{1}{2}$  cup nuts  
2 eggs  
 $\frac{1}{2}$  cocoanut

Fry the onions in the ghee until well browned, then add curry powder and meat and allow to simmer for 15 minutes. Break the cocoanut and pour the milk and water into a cup and add salt to taste. Then into a deep pudding dish pour the contents of the frypan and of the cup and also the lime juice, eggs and cocoanut meat and stir. Sprinkle the nuts over the top, bake 15 minutes and serve hot.

## FISH, FOWLS AND MEATS—(Contd.)

### Chile-Con-Carni

(For eight people)

MRS. OBERDORFFER

#### (Brought from Mexico)

4 cups red bazaar beans	5 red peppers
1 lb. fresh pork, or	1 tea-spoon or more black pepper
$\frac{1}{2}$ lb. bacon	2 table-spoons butter
$1\frac{1}{2}$ lbs. beef	Plenty of cocogem
2-2 $\frac{1}{2}$ cups chopped celery	$\frac{1}{2}$ tea-spoon soda
2 $\frac{1}{2}$ cups chopped onions	3 cups or more water
2 large tins tomatoes	Salt to taste

Soak the beans overnight and cook with soda in the morning. While the beans are cooking, grind up the meat, celery and onions. Mix the pork and beef and fry in cocogem until nicely browned. Then fry the celery and onions separately until brown. When the beans are well done, partly mash and put them into a large degchi, adding the tomatoes, fried celery, onions and meat. Add salt, pepper, butter and water and cook for 3 or 4 hours. About an hour before it is done, put in the red pepper. This must be stirred almost constantly because it is inclined to stick and will burn easily. This concoction should be about the consistency of a not-too-thick gravy. It is good eaten with fresh celery, a crisp salad, crackers, or bread and even mashed potatoes.

### Variation No. 1

MRS. DOLBEER

1 lb. beef (ground)	3 big onions (cut fine)
1 cup dried beans	Cocogem
1 small tin tomatoes	Pepper and salt

## FISH, FOWLS AND MEATS—(Contd.)

Brown the beef in cocogem, add onions and brown. Add the beans, after having cooked them separately, and tomatoes, pepper and salt. Allow all to simmer until well done. Red chillies may be added if desired and fresh potatoes may be used instead of tinned tomatoes. Serve with rice or plain boiled potatoes.

### Variation No. 2

MRS. LAWSON

2 medium tins red kidney beans

1 table-spoon chili powder

1 large tin tomatoes

3 medium onions

$\frac{1}{2}$  lb. ground beef

Fry onions brown ; add meat, chili powder and the other things. Let simmer.

### Croquettes

MRS. WOLSTEAD

2 cups chopped meat

1 egg yolk

1 cup thick gravy, or white sauce

Speck of cayenne pepper

$\frac{1}{8}$  tea-spoon pepper

A few drops onion juice

$\frac{1}{4}$  tea-spoon salt

Mix above ingredients, cool, shape, dip into dry crumbs, then roll into the egg white which has been slightly beaten. Then roll again in crumbs and fry for 1 minute in smoking hot fat. (Note.—A tea-spoon of water added to the egg white prevents the croquettes from soaking up fat.)

These are very good served with Tomato Sauce.

### Dolmas (Turkish)

MRS. CANNADAY

Mutton or beef

Pepper and salt

A little fat

Boiled rice

Onion (chopped)

Cabbage leaves

Stock

## FISH, FOWLS AND MEATS—(Contd.)

Chop some left over mutton, or beef, finely with a little of the fat. Add chopped onion, pepper, salt and a little boiled rice. Mix all together. Take some cabbage leaves and put them into the boiling water for a few minutes and roll stuffing into them like small sausages; then stew them in a little stock, or water with a little butter in it.

### Goulash

MISS. PREVOST

Butter  
1 onion  
1 green pepper  
1 cup ground meat  
2 cups macaroni

Salt and pepper  
1 tin tomato soup  
 $\frac{1}{2}$  pint fresh tomato sauce  
Grated cheese

Cook in butter the onion, green pepper and meat and mix with cooked macaroni. Season with salt and pepper. Put in baking dish. Pour over it tomato soup, or tomato sauce made from fresh tomatoes. Grated cheese may be added. Bake until brown.

(Macaroni may be omitted.—EDITOR).

### Baked Hash

MRS. FINEFROCK

2 cups chopped cold meat  
2 cups boiled rice  
2 table-spoons butter

1 cup milk  
2 eggs

Mix and heat, put in buttered dish and cover with buttered crumbs and bake.



## FISH, FOWLS AND MEATS—(Contd.)

### Corn Beef Hash

MISS ELIZABETH WILSON

2 pints cold potatoes

Beef hump salted

Fat or ghee

Butter or soup stock

Pepper

Order a double portion of potatoes cooked when a salted beef hump is ordered for dinner and the next morning mince enough of the meat to make 1 pint. Put it into a frying-pan, with a little fat and hot water ; cover and cook thoroughly. Mince the cold potatoes and add to the hot meat, stirring thoroughly until well heated ; add pepper and butter, or soup stock for flavour. Push to one side of the frying-pan and place fat, or ghee in the other and, when very hot, transfer the hash to that side and brown thoroughly and treat the other half in the same way.

Serve on a hot platter, with tomato sauce, or catsup.

### Tamale Pie

MRS. LIVENGOOD

1½ tea-spoons salt

2 cups cornmeal

6 cups boiling water

1 table-spoon fat

1 onion

1 sweet pepper

2 cups tomatoes

1 lb. hamburger

Salt and pepper

Make mush by stirring the corn meal into the boiling salted water. Cook 45 minutes. Brown the onion in the fat ; add the ground meat and stir until the red colour disappears. Add some salt, pepper and tomatoes. Grease baking dish ; put in a layer of mush ; add meat mixture and cover with remaining mush. Bake ½ hour. A dash of cayenne and some ripe olives improve the flavour.

## FISH, FOWLS AND MEATS—(Contd.)

### Brunswick Stew

MRS. COVINGTON

1 large fowl  
2 slices bacon  
1 quart fresh tomatoes or  
1 tin of tomatoes  
8 to 10 ears corn or  
1 tin corn

2 cups butter beans  
4 large onions  
4 large potatoes  
2 heaping table spoons butter  
Salt and pepper  
Part of a red pepper pod

Boil chicken until all bones can be removed. Cut into small pieces, add vegetables and cook  $1\frac{1}{2}$  to  $2\frac{1}{2}$  hours in the broth. Season to taste.

### Burdwan Stew

MISS MAIDEN

1 tender fowl  
1 tea-spoon anchovy sauce  
 $1\frac{1}{2}$  dessert-spoons walnut ketchup  
1 dessert-spoon vinegar  
2 table-spoons butter

1 large onion sliced  
A little cayenne  
1 dessert-spoon flour  
Peas, beans and cauliflower

Mix all the ingredients, except the vegetables, thoroughly and stew thoroughly for 45 minutes. Add the vegetables.

### One Piece Dinner

MRS. DOLBEER

$1\frac{1}{2}$  lbs. round steak  
2 lbs. potatoes  
2 lbs. onions

$\frac{1}{2}$  cup rice  
1 tin tomatoes  
 $\frac{1}{2}$  cup water or meat gravy

## FISH, FOWLS AND MEATS—(Contd.)

Slice the potatoes into the bottom of a baking dish and sprinkle in the rice. On top of these add the onions, then the meat, making four layers in all. Cover with the tomatoes which have been well salted. Add the water or gravy and bake two hours with the baking dish covered.

### Yorkshire Pudding

HIGH CLERC

1½ tea-cups flour

1 salt-spoon mustard

2 eggs

½ tea-spoon salt

1 cup milk

Pepper

2 table-spoons butter

¼ tea-spoon soda

Mix dry and liquid ingredients into light dough. Stir soda in quickly and bake in quick oven ; serve with roast beef.

### Cream Gravy

MISS ELIZABETH WILSON

(To serve with liver and bacon)

1 table-spoon hot fat

1 pint milk

1 table-spoon (scant) flour

Salt and pepper to taste

After frying liver and bacon leave about a table-spoon hot fat in the pan, stir in the flour, as in making white sauce ; beating smooth, add the milk gradually and let all come to a good boil. Add salt and pepper to taste. Serve with liver and bacon and baked potatoes.

### Bread Sauce

MRS. McCAULEY

1 pt. milk boiled with 1 onion

3 slices bread-crumbs

Cloves, if desired

Pour sauce over bread, let stand for half an hour. Then heat (and eat!).

## FISH, FOWLS AND MEATS—(Concl'd.)

### Good Celery Sauce

AMERICAN

1 cup cooked diced celery	$\frac{1}{4}$ cup cream
1 cup cooked celery liquor	$2\frac{1}{2}$ table spoons flour
1 cup chicken stock	Salt and pepper
2 table-spoons butter	

Make sauce of the celery liquor, stock thickened with flour and butter rubbed together; season and add cream and celery.

### Egg Sauce

MRS. WOOD

2 table-spoons fat	$\frac{1}{4}$ tea-spoon pepper
2 table-spoons flour	$1\frac{1}{2}$ cup milk
2 egg yolks	1 tea-spoon salt

Stir the mixture constantly till it boils. Then pour it over the slightly beaten egg yolks. Sprigs of parsley or thin slices of lemon will add a pleasing touch.

### Tomato Sauce

MRS. WOLSTEAD

1 pint strained tomato	1 onion (juice)
$\frac{1}{4}$ cup butter	A speck of cayenne
$\frac{1}{2}$ tea-spoon salt	$\frac{1}{8}$ tea-spoon pepper
4 table-spoons flour	

Heat the tomato with juice and seasonings and add the flour and butter blended well into a paste. Cook 5 minutes.

### White Sauce

MRS. CANNADAY

Butter, size of a walnut	1 cup milk
1 big table-spoon flour	Salt

Melt the butter and then stir in flour, away from the stove. Pour in the milk and stir on the stove. Salt to taste.

## VEGETABLE DISHES

### Asparagus Escalloped

AMERICAN

Asparagus  
1 cup white sauce  
 $\frac{1}{2}$  cup fresh bread-crumbs

1 table-spoon chopped parsley, or  
celery  
1 tea-spoon salt

Clean and boil asparagus until fairly well done, then drain. Put into baking dish with seasoning, cover with bread-crumbs and bake. Serve in the same dish. Cauliflower, cabbage, celery, onions, or potatoes may be used instead of asparagus. If tomatoes are used, omit the white sauce, add tea-spoon sugar and 1 table-spoon butter.

### Bacon and Green Beans

MRS. CANNADAY

Several slices bacon  
1 pint green beans

$\frac{1}{2}$  pint potatoes  
Salt

Break beans into pieces. Cut potatoes into slices. Fry the bacon a nice brown in the vessel in which you wish to boil the beans: add some water to the bacon, add the beans and boil at least 40 minutes. Then add the potatoes and boil another 20, or 30 minutes.

### Baked Beans

MRS. RUPLEY

2 cups dried beans  
 $\frac{1}{2}$ - $\frac{3}{4}$  tea-spoon salt  
 $\frac{1}{4}$  cup molasses, or

Jaggery syrup  
Bacon cut in small pieces

## VEGETABLE DISHES—(Contd.)

Thoroughly wash beans and soak overnight; in the morning drain, cover with water and boil gently for 1 hour; drain again, cover with water and boil gently for 1 hour; drain again, cover with water, add salt, molasses and bacon (as much as one can afford) not less than  $\frac{1}{2}$  cup when cut up and bake *slowly* for several hours until water has disappeared. Some beans require more salt than others, so salt to taste. Boiling and baking must be done slowly, or beans will get mushy.

### Kidney Bean Stew

MRS. DOLBEER

1 tin kidney beans  
2 cups cold water  
1 small onion  
1 tin tomatoes  
 $\frac{1}{2}$  cup celery

1 tea-spoon salt  
2 medium sized potatoes  
3 table spoons butter  
A pinch of pepper  
Parsley

Add cold water to beans, onions, tomatoes, celery, salt and pepper. Let simmer in covered saucepan 2 hours;  $\frac{1}{2}$  hour before serving, add potatoes, cut into small cubes. A table-spoon chili sauce improves the flavour. Add butter and serve. Left over meats can be added. If *dried beans* are used they must be soaked and par-boiled.

### Scalloped Beans and Cabbage

AMERICAN

Cooked beans  
Raw cabbage

Cheese sauce  
Buttered crumbs

In a greased baking dish alternate layers of cooked beans with chopped raw cabbage. Cover with a cheese sauce and buttered crumbs and bake for about 35 minutes, or until the cabbage is done.

## VEGETABLE DISHES—(Contd.)

### Spanish String Beans

MRS. DOLBEER

200 green beans

4 slices bacon

1 doz. fresh tomatoes

1 large onion

Cut the bacon into small pieces and fry until light brown in colour. Add onions and tomatoes and beans, which have been cooked separately. Salt and pepper to taste. Let simmer for  $\frac{1}{2}$  hour.

### Baked Beets

AMERICAN

Beets

Salt

Butter

Pepper

Wash the beets carefully. Bake them in a moderate oven till tender. Turn them frequently, using a spoon, as a fork allows the juices to run out. When ready remove the skins and serve with butter, salt and white pepper. Beets cooked in this way retain their flavour.

Variation—First boil the beets well. Hollow out each one, fill with meat or crumbs. Season, put in oven and bake.—EDITOR.

### Beet Root and Tops      MISS ELIZABETH WILSON

When beets can be secured with absolutely fresh tops, cut these off and cook like spinach in the same degree as the roots. Season the tops, by cutting butter and salt into them, and place in the middle of a platter. Skin and slice the beets in a wreath around the mass of tops.

## VEGETABLE DISHES—(Contd.)

### Escalloped Brussels Sprouts

AMERICAN

3 cups cooked sprouts

Flour

1 cup minced ham, or cooked sausage

Salt and pepper

1 cup minced celery

Soup stock

2 table-spoons minced onion

Buttered crumbs

Arrange a layer of the sprouts in the bottom of a buttered baking-dish. Sprinkle with the ham, celery, onion and a layer of flour, repeating until all is used. Then pour over hot stock to moisten and cook for from 35-45 minutes in a moderate oven, adding the crumbs the last 10 minutes.

### Cabbage

AMERICAN

Cabbage

Cream sauce

Chop fine the outside leaves of a head of cabbage, the centre of which you have used for salad, soak in cold water for an hour, drain and throw into boiling salted water; boil rapidly in an uncovered vessel for 20 minutes; drain again, dish and cover with cream sauce; or if you like, turn the cabbage into the cream sauce and stand it over hot water for 10 minutes.

Variation—After boiling put it back into the kettle with half a pint of good cream and a little extra salt and pepper; push the kettle to the very back part of the stove, where it will cook gently for 15 minutes more, and serve at once. Do not boil hard, or the cream will separate.

### Left-over Cabbage

AMERICAN

Left-over cabbage

Grated cheese

Left-over cabbage that has been stewed in any way may be served next day *au gratin*—put it in a little baking-dish, cover the top with grated cheese and brown it in the oven.



## VEGETABLE DISHES—(Contd.)

### Cabbage Sappathi

MISS CHANDLER

1 cup flour  
1 tea-spoon butter  
A pinch of salt  
 $\frac{1}{2}$  tea-spoon baking powder  
 $\frac{1}{2}$  cup milk

The above ingredients are for the  
*sappathi*

1 cabbage  
1 cocoanut  
2 green chillies  
4 slices white onion  
1 small piece ginger  
 $\frac{1}{2}$  tea-spoon salt  
1 table-spoon butter

Fry the sappathi. Cut the cabbage into small pieces and boil for about 10 minutes. Wring out any water left behind in the cabbage and in the cocoanut milk with the other ingredients. Boil for a few minutes.

### Stuffed Cabbage (Danish)

MRS. LANGE

1 cabbage  
Meat  
1 or 2 eggs  
A little onion

Pepper  
Salt  
 $\frac{1}{2}$  table-spoon flour  
 $\frac{1}{2}$  cup milk

Cut off one end of the cabbage so that it will fit on as a cover again. Cut out the inside of the cabbage leaving an outer shell of about 1 or  $1\frac{1}{2}$  inches in thickness. Chop up some of the cabbage with an equal amount of meat, mix well with the other ingredients. Stuff the cabbage with this mixture, replace the cover, tie the whole cabbage in a cloth and boil 2 hours.

Serve with boiled potatoes and melted butter as sauce. The rest of the raw cabbage may be used for salad.

**VEGETABLE DISHES—(Contd.)****Cold Slaw**

MISS ELIZABETH WILSON

Cabbage  
Salt  
Pepper

Cinnamon  
Sugar  
Vinegar

For cold cole slaw put portions of finely shaved cabbage into individual plates, and add salt, pepper, cinnamon, white sugar and vinegar to each portion immediately before the meal.

**Hot Slaw**

MISS ELIZABETH WILSON

Cabbage  
1 egg  
1 table-spoon sugar  
1 pinch of salt

Pepper  
Tiny pinch of Colman's dry mustard  
 $\frac{1}{2}$  cup vinegar  
1 table-spoon butter

Shave the cabbage very fine. Make a dressing of the egg, beaten whole, sugar, salt, pepper and mustard mixed well together. Boil the vinegar, pour it over the egg mixture and return to the stove, until it cooks like a custard; then remove, and add the butter. When dissolved, pour it over the cabbage, while boiling hot, 1 or 2 hours before serving.

**Carrot Patties**

MRS. MILLER

6 boiled carrots  
2 eggs

6 biscuits  
Salt and red pepper

Put carrots through the chopper. Break over them 2 eggs and mix well. Rub biscuits fine and add to the mixture. Season with salt and red pepper, form into cakes and fry a delicate brown. Serve very hot on a plate garnished with parsley.

## VEGETABLE DISHES—(Contd.)

### Baked Cauliflower

AMERICAN

1 large cauliflower  
Fried crumbs

Grated cheese

Cook a large cauliflower whole. Put it into a buttered baking-dish, re-heat in a moderate oven, sprinkle with fried crumbs and grated cheese. Serve with tomato sauce, baked-potato croquettes and bacon.

### Cauliflower in Batter

AMERICAN

1 cauliflower (if large)  
 $\frac{1}{4}$  pint vinegar  
Salt and pepper  
1 egg

1 cup flour  
 $\frac{1}{2}$  cup milk  
1 table-spoon olive oil

Wash and cleanse the cauliflower and half boil it in salted water. Drain, divide the branches and shako in the vinegar seasoned with salt and pepper. Then fry in the batter made of egg, flour, milk, pinch of salt and oil, which has been mixed smooth and allowed to stand in a cool place for 1 hour. Dip the branches of cauliflower separately, drop into smoking hot fat and fry to a golden brown. Drain. Serve hot garnished with parsley.

### Cauliflower Delicacy

AMERICAN

3 cups diced cauliflower leaf-ribs  
1 tea-spoon salt  
 $\frac{1}{2}$  tea-spoon pepper  
Paprika

$\frac{1}{2}$  cup milk  
1 table-spoon butter  
1 table-spoon pepper

## VEGETABLE DISHES—(Contd.)

Save the green outside portion of a head of cauliflower and cut the large ribs of the leaves into small cubes. Cook in boiling water to cover, to which the salt has been added. Replenish water as necessary and cook until tender. Add milk and thicken slightly with the butter and flour cooked together. Add pepper and pour into serving-dish. Sprinkle with paprika.

### Brown Celery

AMERICAN

2 cups celery (diced)	2 table-spoons flour
2 cups brown, or chicken stock	Salt and pepper
3 table-spoons butter	1 table-spoon tomato ketchup

Wash and scrape the celery, cut in small pieces and fry until softened, in 2 table-spoons of butter. Add the stock and simmer until tender. Rub the remaining butter and flour together, thicken, add the seasonings, and let boil. Serve very hot.

### Celery Custard

AMERICAN

2 cups diced celery	4 eggs
2 small onions	1 tea-spoon salt
2 cups milk	$\frac{1}{2}$ tea-spoon pepper

Cut the celery into very small dice and chop the onions fine. Cook both in the milk about 5 minutes, or until partially tender. Add the salt and pepper and pour over the eggs beaten slightly. Bake in a buttered dish which has been placed in a pan of water for about 1 hour, or until firm.

### Escalloped Celery

AMERICAN

Celery	White sauce
Cheese	Buttered crumbs

## VEGETABLE DISHES—(Contd.)

Boil the celery until tender. Place in a greased baking-dish a layer of celery and a layer of cheese cut in small pieces; alternate to the top of the dish. Fill the dish with white sauce. Cover with buttered crumbs and bake in a hot oven until the crumbs are brown.

### Creole Fried Corn

MRS. DOWNIE

6 ears of corn

1 medium-sized onion

Salt and a little cayenne

1 table-spoon butter

Score corn down the middle of each row. Press the pulp and juice out with a blunt knife, season well with salt and a little cayenne. Chop the onion fine and mix with the corn pulp; then turn into a frying pan in which the butter has been melted. Stir continuously until well cooked and lightly browned. Serve hot on a hot dish.

### Corn (Hard)

MRS. CANNADAY

Medium t-a-cup milk

to

1 cob corn

Chop corn in mincer, boil in milk and flavour with salt.

### Corn Loaf

MRS. LAWSON

1 tin sweet corn

1 tea-spoon salt

1 table-spoon butter

1 pepper

2 table-spoons flour

2 eggs (beaten separately)

1 cup milk

Melt butter, add flour, pour milk on slowly and bring to a boil. Add corn, seasonings and egg yolks. Add well beaten whites last and bake about 30 minutes.

## VEGETABLE DISHES—(Contd.)

### Corn Pudding

MRS. STOFFER

3 eggs	1 tea spoon salt
2 cups fresh or tinned corn	2 cups milk
2 table-spoons melted butter	A little pepper

Pour into greased baking dish, place in a pan of hot water and bake in a moderate oven 350° F. for about an hour, or until set in the centre.

### Corn Tamale

MRS. LIVENGOOD

1 tin corn	1 cup yellow corn meal
5 ripe or $\frac{1}{2}$ tin tomatoes	1 $\frac{1}{2}$ cups sweet milk
1 green pepper	1 onion (chopped)
2 eggs (well beaten)	1 dozen ripe olives
$\frac{1}{2}$ tea-spoon red pepper	1 tea-spoon black pepper

Add a little cold meat or chicken. Bake in a loaf  $\frac{3}{4}$  of an hour.

### Baked Onions

MRS. MILLER

Raw onions	Butter
Hot milk	Salt

Cut onions into thin slices and place in ramekins, or a pudding dish. Pour over them hot milk which has been seasoned with butter and salt. Bake about 1 hour.

## VEGETABLE DISHES—(Contd.)

### Creamed Small Onions

AMERICAN

4 cups peeled onions  
1 cup milk  
2 table-spoons butter

2 table-spoons flour  
2 tea-spoons salt  
Pepper to taste

Cook the onions in boiling water for 40 minutes; drain (saving the water for soup). Cover with the milk; add the salt and pepper, and bring to a boil; add the butter and flour which have been rubbed together until smooth, and boil for 3 minutes. Always have the butter soft before adding the flour. *Cucumbers, or other vegetables may be substituted for onions.*

Variation.—Put onions sliced in baking dish; cover with 1 cup cream sauce flavoured with  $\frac{1}{2}$  tea-spoon nutmeg and  $\frac{1}{2}$  cup fresh bread crumbs on top. Put in a hot oven for 15 minutes. Sprinkle with parsley, or celery tops and dust with paprika.

### Creamed Onion-Tops

AMERICAN

2 bunches young onions

2 cups white sauce

Cut the onion-tops into 1 inch pieces. Cook in plenty of boiling water (salted) about 10 minutes until tender. Add to the white sauce and serve on toast.

### Onion and Potato Pie

MRS. CANNADAY

Slice onions and potatoes about  $\frac{1}{4}$  inch thick, put a layer of each alternately into a greased pie dish. The potatoes should come to the top, each layer should be sprinkled with a little pepper and salt. Pour in sufficient milk to half fill the dish (not more), put a few nobs of butter on the top and bake in a moderate oven for 1 hour, or more, according to the size.

**VEGETABLE DISHES—***(Contd.)***Peas Pudding**

HIGH CLERC

Make a white sauce of—

1 cup milk  
1 table-spoon butter

2 table-spoons flour, salt and pepper

1½ cups cooked peas

2 table-spoons boiled chopped ham

3 eggs, well beaten

Mix well, steam 1 hour, serve with rich cream sauce poured over.

**Potatoes Creamed in Cups**

AMERICAN

2 cups potatoes

Salt

Pepper

¾ cup cream

Parsley

Grated cheese

Parboil potatoes and chop very fine; add salt and pepper to taste and cream. Turn into buttered cups and place in hot oven for 20 minutes. Turn out and serve on platter surrounded by parsley. Sprinkle grated cheese over each mold.

**Cheese Potatoes**

MRS. DUNKELBERGER

3 potatoes

1 egg yolk

1 slice cheese (size of walnut)

Salt and pepper

Boil the potatoes in skins until half done, cut off the tops and take out the inside mealy part. Mix this with the egg yolk, grated cheese, salt and pepper and again place in the skins. Stick on the tops with tooth picks. Bake and serve hot.



## VEGETABLE DISHES—(Contd.)

### Escalloped Potatoes (Kentucky) MISS ELIZABETH WILSON

Raw potatoes  
Salt and pepper  
Butter

Hot milk  
Bread-crumbs

Slice raw potatoes into a buttered baking dish (Pyrex, if possible), put in salt, pepper and bits of butter with the potatoes in layers. Fill up with hot milk, and scatter fine bread-crumbs and bits of butter on top. Bake until perfectly tender all through, probably an hour in a slow oven.

### Potato Souffle

MRS. MILLER

4 large potatoes  
2 table spoons butter  
2 table-spoons mint parsley

Pepper and salt  
1 cup hot milk  
4 eggs

Boil and mash the potatoes, stir in butter and seasonings. Add the hot milk and beaten yolks of the eggs. Beat the yolks in thoroughly and then fold in the beaten whites. Put in a well-buttered deep dish at once and bake for 20 minutes in a moderate oven.

[N.B.—In making *rice souffle*, use white sauce instead of milk to 1 cup of rice and 3 eggs, add grated cheese on top. In making *tomato souffle*, use 2 eggs to 1 cup tomato pulp strained (no milk or sauce) and bake 10 minutes in a hot oven. In making *spinach souffle*, use 3 eggs to 2 cups chopped spinach,  $1\frac{1}{2}$  table-spoons flour in the butter and 1 cup cream. Bake 20 minutes in a moderate oven.—Editor.]

## VEGETABLE DISHES—(Contd.)

### Stove Potatoes

MRS. MOFFAT

Cold meat  
Potatoes

Onions  
1 cup water

Cut meat small, mince onions finely. Put a layer of meat with plenty of fat in the bottom of the saucepan. Cover with onions and then a layer of sliced potatoes. Pepper and salt. Do this alternately until there is a sufficient quantity. Add water and cook till potatoes are soft. Can be made also with good suet instead of meat.

### Stuffed Baked Potatoes MISS ELIZABETH WILSON

Large potatoes  
Salt  
Pepper

Cream or milk  
Butter  
Parsley

Select the largest obtainable potatoes, and scrub with a brush. Then bake thoroughly. Slit on the side and remove all the potato, taking care not to break the skin. Mix with salt, pepper, cream or milk and butter, beating very light and creamy, place carefully in the shells, and return to the hot oven to brown on top. A bit of parsley may be put into the top of each when serving, if desired.

### Vienna Potatoes

MISS WELLES

Potatoes  
Milk  
1 or 2 eggs

Salt  
Butter

## VEGETABLE DISHES—(Contd.)

Mash and cream the potatoes with plenty of milk to make them quite moist. Whip in eggs, beaten. Add salt to taste and drop mixture by spoonfuls on a buttered tin. Put a small piece of butter on top of each drop and brown lightly.

### Sweet Potato Puff

MRS. CANNADAY

8 potatoes

Milk

2 eggs

Salt and a little grated cheese

Boil and mash the potatoes. Add milk, eggs well beaten, cheese, salt and pepper and bake.

### Fried Pumpkin

ALLIED COOKERY

Take a slice of pumpkin, remove the rind and seeds. Cut it into fine strips. Roll in flour and dip in egg and fry in boiling lard, or olive-oil. If desired as garnishing for meat, cut the pumpkin exceedingly fine, roll in flour, but not in egg and fry.

### Baked Tomatoes

AMERICAN

Medium-sized tomatoes

Salt and pepper

Bread-crumbs or rice

A few drops onion juice

Remove thin slice from the stem-ends of smooth, medium-sized tomatoes. Take out the pulp, add an equal quantity of bread-crumbs or rice, season with salt, pepper, and a few drops of onion-juice, and refill the tomatoes with the mixture. Place in a buttered pan, sprinkle with buttered crumbs and bake 20 minutes in a hot oven.

## VEGETABLE DISHES—(Concl'd.)

### Stewed Tomatoes de Luxe

AMERICAN

2 lbs fresh tomatoes	$\frac{1}{4}$ tea-spoon paprika
$1\frac{1}{2}$ tea-spoons salt	2 table-spoons butter, or margarine
1 table spoon sugar	6 whole cloves
$\frac{1}{4}$ tea-spoon pepper	1 inch stick cinamon

Remove the stem and of the tomatoes and cut in eighths. Place in a saucepan together with all other ingredients. *Do not add any water.* Cook slowly until tender. Tinned tomatoes can be similarly seasoned.

### Stuffed Tomatoes

MRS. LESTER

1 dozen tomatoes	2 level tea-spoons butter
2 eggs	1 small onion
1 table-sp on parsley	$\frac{1}{4}$ lb. bread-crumbs, pepper and salt

Cut tops from tomatoes—scoop out interior for sauce—mix other ingredients together thoroughly, put a dessert-spoon into each, place in buttered tin and bake  $\frac{1}{2}$  hour. Serve with brown gravy.

### Shoe String Turnips in Cream

AMERICAN

4 large yellow turnips	1 tea-spoon salt
1 table-spoon butter	$\frac{1}{4}$ tea-spoon pepper
2 table-spoons flour	2 table-spoons red pimentoes
$1\frac{1}{2}$ cups milk	

Pare turnips and cut in  $\frac{1}{4}$  inch slices with a sharp knife. Cut each slice into strips  $\frac{1}{4}$  inch wide. Boil in a large amount of boiling, salted water until the turnips are tender. Then drain. Melt butter in a saucepan, add flour, and stir until bubbling. Then add milk gradually and salt and pepper. Stir constantly until thick and glossy. Then add the turnips and pimentoes chopped fine. Serve hot.

## PIES, PUDDINGS AND ICES

### Butter Scotch Pie

HIGH CLERC

1 cup brown sugar  
1 large cup sweet milk  
2 table-spoons flour

2 eggs  
1 table-spoon white sugar  
Butter

Moisten the brown sugar with a little milk and a lump of butter. Boil until it becomes a heavy syrup, smooth the flour into the milk, add to the syrup and boil. Beat lightly the yolks of eggs and add last, just allowing the mixture to boil. Place in crust already baked making a meringue of the whites and white sugar. Brown in oven. For large pie use large cup.

### Cocoanut Cream Pie

MRS. CLARK

#### PART I. CRUST

2 tea-spoons sugar  
1 table-spoon butter  
2 salt-spoons salt  
1 egg yolk

1 cup flour  
1 tea-spoon baking powder  
 $\frac{1}{4}$  cup milk

Cream together sugar, butter and salt. Add yolk of egg and mix well. Add flour sifted with baking powder and the milk last. Knead and roll. Butter the pie plate and line with pie crust batter.

## PIES, PUDDINGS AND ICES—(Contd.)

### PART II. FILLING

1 pt. milk	3 eggs
Cornflour	1 cup shredded cocoanut
4 table-spoons sugar	1 tea-spoon vanilla

Heat milk and slightly thicken with cornflour. Add sugar, yolks of eggs. Mix. Beat egg whites stiff and add. Then add half of the shredded cocoanut and vanilla. Fill the pie crust and add the remaining shredded cocoanut on top. Bake at once.

### Sour Cream Pie

MRS. WOLSTEAD

1 cup sour cream	A few grains cloves
$\frac{1}{2}$ cup chopped raisins	3 table-spoons flour
$\frac{3}{4}$ cup sugar	$\frac{1}{4}$ tea-spoon salt
$\frac{1}{2}$ tea-spoon cinnamon	2 egg yolks
A few grains nutmeg	

Mix all ingredients, except egg yolks, in order given, in a double boiler. Stir and cook until mixture thickens. Cover and cook 10 minutes. Add beaten yolks and cook 2 minutes longer. Turn into baked pastry crust. Cover with meringue and bake 8 minutes.

Variation.—Use 1 cup chopped dates instead of  $\frac{1}{2}$  cup raisins, 1 cup sugar instead of  $\frac{3}{4}$  cup. 1 egg instead of 2, 1 tea-spoon flour only and omit spices. Put cross strips over pie instead of meringue. MRS. LYON.

### Cocoanut Tart

MRS. WALLACE

1 cup sugar	1 large table-spoon cornflour
1 table-spoon butter	2 eggs
1 large, or 2 small cocoanuts	Water

## PIES, PUDDINGS AND ICES—(Contd.)

Squeeze the cocoanut, which has been grated and soaked for 15 minutes in a large cup of boiling water (as for curry) and use the milk only. Heat together sugar, butter, cocoanut milk; add cornflour dissolved in a little water, also add beaten yolks of eggs. Stir until it thickens. Then pour into crust and bake. Beat whites with sugar, for meringue. Spread on tart and put back a minute to brown.

## Custard Pie

MISS WELTY

4 egg yolks, beaten

$\frac{1}{2}$  table spoon flour

2 heaping table-spoons sugar

1 pt. sweet milk

Flavour with nutmeg. Bake in slow oven.

## Cocoanut Caramel Custard Pie

MRS. LYON

1 cup sugar

2 level table-spoons cornflour

1 cup grated fresh cocoanut

1 table-spoon butter

2 cups milk

## Vanilla

2 eggs

Brown 1 table-spoon of the sugar; add the remaining sugar and all but a little of the milk and bring to the boil. Beat egg yolks. Mix cornflour with remaining milk and add to the yolks and cocoanut. Pour over this the boiling milk, cook until thick; add butter and vanilla. Pour into a baked pie crust shell. Cover with a meringue made of egg whites and  $\frac{1}{4}$  cup sugar. Brown in the oven.

## Gateau de Marrons

MISS MAIDEN

1 lb. cashew nuts (best procurable)

$\frac{1}{2}$  lb. castor sugar

$\frac{1}{2}$  wine glass water

## PIES, PUDDINGS AND ICES—(Contd.)

Put cashew nuts in a saucepan of cold water and let them boil  $\frac{1}{4}$  hour. Pour them into the colander and peel and pound them as smoothly as possible. Into an enamelled pan pour  $\frac{1}{2}$  wine glass water and add sugar. (Rather less than more.) Boil from 5 to 8 minutes until syrup is formed. Stir nuts into the syrup and keep stirring, until mixture is smooth. Then bake the gateau for 20 minutes in a very gentle oven.

### Lemon Pie Filling

HIGH CLERC

2 cups milk	$\frac{1}{4}$ tea-spoon salt
1 cup sugar	2 eggs
3 table-spoons cornflour	1 lemon (3 table spoons juice)

Scald milk, mix sugar, salt and cornflour and pour on milk gradually. Cook in a double boiler for 15 minutes, stirring constantly until thickened and afterwards occasionally. Beat egg yolks and add to first mixture. Cook 3 minutes, stirring constantly. Remove from stove and add lemon juice and grated rind. Cool slightly and pour into baked crust. Recipe makes filling for pie in 10-inch plate.

### *Meringue for above*

Egg whites	$\frac{1}{4}$ cup fine granulated sugar
Pinch of salt	

Add salt to egg whites and whip until stiff. Add sugar gradually and continue beating. Spread over pie and bake in a *slow* oven.



## PIES, PUDDINGS AND ICES—(Contd.)

### Lemon Pie Filling

MRS. LAWSON

1 cup sugar	$\frac{1}{4}$ cup lemon juice
$\frac{1}{3}$ cup flour	$\frac{1}{2}$ lemon rind
Salt	1 cup water
2 duck egg yolks, or	1 tea-spoon butter
3 chicken egg yolks	

*Meringue for above*

Whites of eggs (above)	$\frac{1}{4}$ cup sugar
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### Pineapple Pie

MRS. LIVENGOD

1 cup shredded pineapple (no juice)	1 cup sugar
1 cup sugar	3 eggs
1 table-spoon cornflour	Pinch of salt
$\frac{1}{4}$ cup butter	1 tea-spoon lemon juice

Cook pineapple with  $\frac{1}{3}$  of the sugar and let cool. Cream eggs, sugar, butter; then add cornflour and salt. Add all to the pineapple.

### Pineapple Pie

MRS. FINEFROCK

1 pineapple	1 cup sugar
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This makes 1 pie

Bake pastry first. Grind pineapple through food chopper. Cook adding sugar but no water. Put into pastry shell, cover with a thick meringue and brown in oven.

## PIES, PUDDINGS AND ICES—(Contd.)

### Prune Pie

HIGH CLERC

$\frac{1}{2}$  lb. prunes  
1 tea-spoon lime juice

2 egg whites  
1 table-spoon sugar

Line a pudding dish with rich pastry and bake. Stew prunes until soft, seed and mash to a pulp. Add sugar to taste and lime juice. Fill the pudding dish and cover with meringue made of whites of eggs beaten stiff with the sugar. Brown in slow oven, serve with cream.

### Pumpkin Pie

MRS. LAWSON

1 small tin pumpkin  
3 cups milk  
4 eggs  
 $\frac{1}{2}$  tea-spoon salt  
 $\frac{3}{4}$  cup sugar

$\frac{1}{2}$  tea-spoon lemon essence  
1 tea-spoon ginger  
2 tea-spoons cinnamons  
 $\frac{1}{4}$  tea-spoon nutmeg  
2 table-spoons treacle or molasses

### Pumpkin Pie

MRS. FINEFROCK

2 cups stewed pumpkin  
 $1\frac{1}{2}$  cups sugar  
5 eggs  
2 cups milk

$\frac{1}{2}$  tea-spoon salt  
1 tea-spoon cloves  
 $\frac{1}{2}$  tea-spoon ginger  
1 table-spoon cinnamon

This makes 2 small, or 1 quite large pie.

### Raisin Pie

AMERICAN

1 cup seeded raisins  
1 cup water  
2 table-spoons cornflour

4 table-spoons sugar  
 $\frac{1}{2}$  tea-spoon salt

## PIES, PUDDINGS AND ICES—(Contd.)

Wash the raisins; add cold water, bring slowly to a boil; add the sugar, salt and the cornflour, which has been mixed with a little cold water; boil for 3 minutes; pour into a pie tin, lined with crust, while hot; cover; brush the top with cold milk.

### Hot-Water Pastry

MRS. DIXON SMITH

$\frac{1}{2}$  cup boiling water

1 tea-spoon salt

1 cup shortening

3 cups flour

Pour boiling water over shortening, add salt and stir till creamy. Add flour and mix thoroughly. Chill thoroughly before baking.

### Hot-Water Pastry

MRS. FINEFROCK

$\frac{1}{2}$  cup shortening

$1\frac{1}{2}$  cups flour

1 tea-spoon salt

$\frac{1}{2}$  tea spoon baking powder

$\frac{1}{2}$  cup boiling water

Dissolve shortening in boiling water, let cool, stirring till it gets creamy looking. Mix other ingredients and bake fairly soon after mixing.

### Rich Paste

HIGH CLERC

$1\frac{1}{2}$  cups flour

$\frac{1}{4}$  tea-spoon salt

$\frac{1}{2}$  cup butter

2 ozs. rice flour

$\frac{1}{2}$  tea-spoon cream of tartar and soda

Use a little warm water when mixing.

## PIES, PUDDINGS AND ICES—(Contd.)

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### Sponge Cake for Cream Pie

MRS. LANGE

3 eggs	2 cups flour
1½ cups sugar	1 tea-spoon lemon
½ cup water	2 level tea-spoons baking powder

Beat egg yolks; add sugar, lemon and water, then the flour with baking powder, and last of all the egg whites beaten stiffly. Bake in layer cake tins and when cool split.

### Leaf Gelatin, or Agar-Agar

MRS. DOLBEER

This is much cheaper than the gelatin that comes in boxes and can be used for most puddings and salads. If the leaves are fairly thin 4 leaves to a cup of liquid is about the right proportion. (The technical names for this gelatin are agar-agar, Bengal ising-glass, or Ceylon moss.—*Editor*)

### Agar-Agar Jelly

HIGH CLERC

½ oz. agar-agar	1½ qts. water, or
1½ cups sugar	water and fruit juice

Put the agar-agar in a saucepan with half the water. Place on the stove and leave until it is melted. Strain. Have the remainder of the water and fruit juice hot. Put all on the stove again with the sugar and bring to boiling point. Pour at once into molds.

This may be varied in many ways to suit the taste.

## PIES, PUDDINGS AND ICES—(Contd.)

### Russian Jelly

MISS DICKSON

- |                                      |                                |
|--------------------------------------|--------------------------------|
| 1 table-spoon granulated gelatin, or | 3/4 cup sugar                  |
| 6 sheets leaf gelatin                | 1/2 cup Loganberry juice       |
| 1/4 cup water (cold) or              | 1 1/2 table-spoons lemon juice |
| 1/2 cup cold water for leaf gelatin  | 1/4 cup orange juice           |
| 1 cup boiling water                  |                                |

Make the same as other jellies, cool slightly and beat until frothy and firm enough to mould. Turn into mold and chill.

### Batter Pudding

MISS ELIZABETH WILSON

- |                  |                           |
|------------------|---------------------------|
| 1 egg            | 2 table-spoons sugar      |
| 1 cup sour milk  | 1/2 tea-spoon soda        |
| 1 1/2 cups flour | 1 tea-spoon baking powder |

Mix with bilberries, or hill guavas, or other seasonable fruit. Pour into small molds like Queen tins, and steam or bake. It may also be made without fruit, and a large spoon of batter put into the mold, then jam, and more batter. Steam 1 hour, or bake 1/2 hour.

### Blanc Mange

MRS. CANNADAY

- |                          |                          |
|--------------------------|--------------------------|
| 1 pint milk              | 1/2 cup sugar            |
| 2 table-spoons cornflour | Vanilla or lemon essence |
| 2 eggs (well beaten)     | 1/4 salt-spoon salt      |

Heat the milk to boiling; stir in the cornflour, which has been wet in a little cold water, and boil together 15 minutes (in a farina-kettle), then add the yolks,

## PIES, PUDDINGS AND ICES—(Contd.)

beaten light with the sugar ; boil 2 minutes longer, stirring all the while ; remove the mixture from the fire and beat in the whipped whites, while it is boiling hot. Pour into a mold wet with cold water and set in a cool place. Eat with sugar and cream, jelly, plain sauce, or chocolate sauce.

A variation is to flavour with chocolate, or cocoa.

A very good fruit pudding is made by stewing some figs for 2, or 3 hours and serving them over the plain blanc mange instead of milk or cream. Stewed raisins may be used in place of figs.

### Bread Pudding Steamed

MRS. SIMPSON

2 eggs (beaten separately)	1 tea-spoon cinnamon
$\frac{1}{2}$ cup coarse brown sugar	$\frac{1}{4}$ cup walnuts, or almonds
1 table-spoon butter	$\frac{1}{4}$ cup raisins and citron
1 tea-spoon baking powder	1 cup bread-crumbs

Cream butter and sugar, add eggs well beaten, crumbs, nuts and fruit, with cinnamon and baking powder. Put in buttered mold and steam 3 hours. Serve with hard sauce.

### Brown Betty Pudding

MRS. SIMPSON

1 cup dried apples	1 cup milk
Sugar	2 egg whites
Cinnamon	1 table-spoon powdered sugar
Butter	1 drop lemon essence
Bread-crumbs	

## PIES, PUDDINGS AND ICES—(Contd.)

Stew dried apples. Butter a deep pudding dish; cover the bottom with a layer of the stewed apples; sprinkle with sugar, cinnamon and butter; cover with bread crumbs. Put another layer of apples and proceed as before till the dish is full. Have the last layer of crumbs. Pour over this the milk, cover the dish and bake  $\frac{3}{4}$  hour. Remove the cover and spread top with meringue made of whites of eggs beaten stiff, powdered sugar and lemon essence. Brown in oven. Serve with maple sauce and cream. (Pineapple may be substituted for apples—MRS. FINEFROCK).

### Brown Flour Pudding

MISS HARGRAVE

1 cup molasses  
1 cup sweet milk  
2 cups brown flour  
1 cup raisins  
1 egg

1 tea-spoon soda  
1 tea-spoon cinnamon  
A little nutmeg  
A little cloves

Steam 3 hours. Serve with lemon sauce

### Carrot Pudding

MRS. LAWSON

1 cup suet  
2 cups chopped raisins  
2 cups grated carrots  
1 tea-spoon cinnamon  
4 tea-spoons baking powder

1 cup sugar  
2 cups flour  
2 tea-spoons salt  
 $\frac{1}{2}$  nutmeg  
Water to make stiff dough

Boil 4 hours.

## PIES, PUDDINGS AND ICES—(Contd.)

### Carrot Pudding (Ohio Pudding)

MRS. SIPES

1½ cups flour  
1 cup sugar  
1 cup suet  
1 cup raisins

1 cup currants  
1 cup potatoes grated  
1 cup carrots grated  
1 tea-spoon soda

Steam 3 hours.

### Cheese Pudding

CAPRON HALL, MADURA

½ measure milk  
4 eggs  
¾ cup sugar  
A few drops almond essence  
2 large spoons flour

1 large cup almonds  
½ tea-spoon baking powder  
2 table spoons butter  
Salt to taste  
1 lime

Boil ¼ measure milk and squeeze in the lime. When it thickens remove it from fire and strain. Grind almonds, adding some milk till mashed. Mash cheese. Beat the yolks of the eggs. Add sugar and butter. Then add the mashed almonds and cheese. Beat the whole for 2, or 3 minutes, also add flour. Now mix all the other things. Lastly beat the whites and add. Add baking powder and slowly *bake* for 20 minutes, or put in mold, cover and steam for ½ hour. If pudding is steamed serve with some sauce.

### Steamed Cherry Pudding

MRS. HESS

2 eggs  
½ cup sugar  
2 tea-spoons baking powder  
2 cups sifted flour

Milk  
1 medium tin cherries  
1 cup hard sauce



## PIES, PUDDINGS AND ICES—(Contd.)

Beat eggs until light. Add sugar and continue beating. Add flour, baking powder and enough milk to make a spongy dough. Mix thoroughly. Pit the cherries and stir in, saving juice to use in a fruit cup, the next day. Steam 2 hours in a covered mold. Serve with hard sauce.

### Chocolate Pudding

MRS. WALLACE

$\frac{1}{2}$ oz. Baker's chocolate (melted), or	1 cup sugar
1 table-spoon cocoa	1 pint milk
2 eggs	1 table-spoon flour, or cornflour

Heat the milk. Take vanilla, flour, or cornflour, stir smooth in a little of the milk and stir in as for toast. When boiled up once, take off, add 1 yolk and 1 whole egg well beaten, with most of the sugar,  $\frac{1}{2}$  the chocolate and a pinch of salt. Stir together and put in the oven. Beat the white of 1 egg, add the rest of the sugar, and chocolate with a few drops of vanilla. About 10 or 15 minutes before dinner, take out pudding, spread on the meringue and set back to brown.

### Steamed Chocolate Pudding

MRS. CANNADAY

1 large table-spoon butter	$\frac{1}{2}$ cup milk
$\frac{1}{2}$ cup sugar	1 tea-spoon baking powder
1 egg	2 table-spoons cocoa
Vanilla	1 cup flour

Steam 1 hour and serve with the following sauce :—

1 egg	1 cup sugar
$\frac{1}{2}$ cup hot milk	Flavouring

Beat egg to a froth and add other ingredients.

## PIES, PUDDINGS AND ICES—(Contd.)

### Chocolate Pudding with Marshmallow Mint Sauce

MISS DICKSON

1 quart milk  
 1½ squares unsweetened chocolate  
 ½ cup sugar  
 ¼ tea-spoon salt

2 table-spoons granulated gelatin or  
 10 sheets leaf gelatin  
 3 table-spoons cold water  
 ¾ cup cold water (for leaf gelatin)

Scald milk with chocolate in double boiler and heat until smooth, using wire whisk; then add sugar, salt and gelatin that has soaked in cold water for 10 minutes. As soon as gelatin has dissolved, strain into a mold, chill, remove from mold and pour around Marshmallow Mint Sauce.

½ cup sugar  
 ¼ cup water  
 8 marshmallows

1 egg white  
 1 drop oil of peppermint  
 Green colour

Boil sugar and water to the consistency of a thin syrup; then add marshmallows cut into small pieces with scissors and add gradually to egg white beaten stiff. Flavour, colour and chill.

### Chocolate Roll

HIGH CLERC

3 eggs  
 1 cup sugar  
 1 cup flour

1 tea-spoon vanilla  
 6 table-spoons hotwater  
 1 tea-spoon cream of tartar and soda

Bake in sheet, spread with filling and roll. Wrap in a towel, or thin paper.

## PIES, PUDDINGS AND ICES—(Contd.)

### FILLING

$\frac{1}{2}$  cup sugar

3 heaping tea-spoons grated chocolate

$\frac{1}{4}$  cup water

1 tea-spoon vanilla

Cook several minutes. Serve with *chocolate sauce*.

1 cup sugar

$\frac{1}{2}$  tea-spoon cornflour

4 tea-spoons (baking) grated chocolate

Vanilla

1 cup hot water

### Cocoa Shape

MISS DORAN

3 level table-spoons cornflour

3 medium sized tea-cups milk

Mix cornflour and cocoa and slake in a little milk. When the remainder of the milk is boiling, pour in cocoa and cornflour. Cook thoroughly until it comes clean away from the saucepan and pour in wet mold.

### Coffee Cream

HIGH CLERC

Line a pudding mold with meringue, made of egg whites, castor sugar and chopped blanched almonds. Fill the mold with the following cream:—

2 cups milk

1 cup strong coffee

2 eggs

1 cup sugar

1 cup cream

Salt

$\frac{1}{2}$  oz gelatine

Make a custard of the sugar, milk and eggs. Dissolve the gelatine in the coffee and add the custard. When nearly set, add the whipped cream. Pour into the mold. Serve with cream.

## PIES, PUDDINGS AND ICES—(Contd.)

### Coffee Sponge

HIGH CLERC

2 cups strong coffee  
 $\frac{1}{2}$  oz. gelatine  
 1 salt-spoon salt  
 4 table-spoons butter  
 $1\frac{1}{2}$  cups sugar

3 table-spoons chopped walnuts, or  
 almonds  
 1 tea-spoon vanilla  
 2 eggs

Line a buttered mold with sponge fingers, or stale sponge cake. Beat together  $\frac{1}{2}$  cup sugar, butter and the yolks of the eggs and the salt and vanilla. Spread thickly over the sponge fingers, sprinkle over a part of the nuts, add a few more pieces of cake, spreading each with the mixture and sprinkle with nuts. Fill the mold  $\frac{2}{3}$  full. Have ready the gelatine dissolved in the boiling coffee and remaining sugar and pour into the mold. Allow to stand. Serve with whipped cream which may or may not be sweetened and flavoured with vanilla.

### Real Southern Cornbread

MRS. LANGE

(to be used as a pudding)

1 pint (2 cups) sour milk  
 Less than  $\frac{1}{2}$  pint cornmeal  
 2 eggs  
 $\frac{1}{2}$  tea-spoon salt

1 table-spoon melted lard  
 2 table-spoons molasses  
 1 tea-spoon soda  
 dissolved in milk

Bake  $\frac{3}{4}$  hour in a greased cake tin. Serve hot as a pudding with syrup.

## PIES, PUDDINGS AND ICES—(Contd.)

### Cornflour Pudding

MRS. LYON

1 cup dark brown sugar  
1 heaping table spoon corn flour  
1 cup boiling water

1 cup chopped dates, or  
 $\frac{1}{2}$  cup chopped dates and  
 $\frac{1}{2}$  cup chopped nuts

Mix sugar and cornflour. Pour over it the boiling water. Cook over slow fire 20-30 minutes stirring occasionally. Just before removing from fire add fruit and nuts. Mould and serve with cream.

### Cottage Pudding

MISS THOMAS

$\frac{1}{2}$  cup sugar  
1 pint flour  
1 table-spoon butter  
2 eggs

1 cup milk  
2 tea spoons baking powder, or  
 $\frac{1}{2}$  tea-spoon soda and  
1 cup sour milk

Add fruit to batter if desired. Steam 1 hour. Serve with the following sauce :—

1 table-spoon flour  
1 table-spoon butter

1 pint cold water  
1 cup sugar

Brown flour and butter in a frying pan. Add water and boil; then add sugar and boil again. Remove from fire at once.

### Baked Custards

MRS. CANNADAY

The plain baked custard may be varied by using the "left overs" of stewed fruits, as a flavouring, or the fruit juice. Stewed prunes, or apricots are particularly good for this. Sliced plantains, cooked rice, dates, or nuts make other variations.

## PIES, PUDDINGS AND ICES—(Contd.)

### Caramel Custard

MRS. MILLER

$\frac{1}{2}$  cup sugar  
1 cup milk  
A little salt

3 eggs  
1 table-spoon sugar

Melt the sugar and pour into a mold turning it around, so that the sugar will coat the inside of the mold. Set aside to cool. Make a custard of the eggs, sugar and milk and pour into the mold. Place in a pan of hot water and boil for 15, or 20 minutes.

### Caramel Rice Custard

MRS. CANNADAY

2 egg yolks  
2 cups cooked rice  
1 cup dark brown sugar

$1\frac{1}{2}$  cups milk  
1 tea-spoon vanilla  
Salt

Beat the egg yolks, add salt, milk, rice, brown sugar and vanilla. Mix well, turn into a buttered pudding dish and bake about 30 minutes in a moderate oven. Serve cold with whipped cream, or fruit sauce.

### Cocoanut and Chocolate Custard

MRS. CANNADAY

1 pt. milk  
 $\frac{1}{2}$  cup sugar  
2 eggs  
1 heaping table-spoon cornflour

1 tea-spoon salt  
Cocoanut  
Cocoa

Add sugar to milk and scald in double boiler. Beat yolks of eggs. Add cornflour. If too thick add water and make runny (slake cornflour before adding

## PIES, PUDDINGS AND ICES—(Contd.)

to egg). Add salt and add all to the milk and let thicken. Then beat in the whites after taking off the stove and cooling. Add cocoanut. Stir cocoa in with sugar and moisten with milk.

### Lemon Custard

MRS. RICHARDSON

- (1) Juice and grated rind of 1 lemon  
 1 tea-cup sugar  
 Yolk of egg  
 1 table-spoon butter

- (2) 1 table-spoon cornflour mixed with  
 water thoroughly  
 1 breakfast cup hot water

Mix (1) and (2) together and cook for 5 minutes.

Allow to cool in glass dish. Whisk white of egg with sugar (to taste) and serve on the top of custard. Serve cold.

### Orange Custard

MRS. MCCAULEY

- 4 oranges  
 $\frac{3}{4}$  cup sugar  
 4 eggs

- 2 tea-spoons cornflour  
 $\frac{3}{4}$  quart boiling milk

Cut up the oranges fine; cover with sugar. Beat the egg yolks with the cornflour; strain into the boiling milk and stir until it has the consistency of custard. Beat the egg whites, adding a little sugar and place on top. Bake a light brown.

### Tapioca Custard

MRS. LAWSON

- $\frac{3}{4}$  cup pearl tapioca  
 2 cups cold water  
 1 qt. milk (or 4 cups)

- 1 cup sugar  
 8 eggs  
 2½ tea-spoons vanilla

## PIES, PUDDINGS AND ICES—(Contd.)

Soak tapioca overnight in water. Scald milk in double boiler and add salt. Pour in soaked tapioca and boil 15 minutes. Add  $\frac{3}{4}$  cup sugar, yolks of eggs and 2 tea-spoons vanilla. Pour into pudding dish and let cool a few minutes. Make a meringue of egg whites,  $\frac{1}{4}$  cup sugar and  $\frac{1}{2}$  tea-spoon vanilla. Brown in oven.

### Date Pudding

CAPRON HALL, MADURA

6 egg whites

$\frac{1}{2}$  cup sugar

2 cups dates

Beat whites of eggs and sugar, add dates and bake. Test with a broom splinter. Serve with a plain custard made with the yolks of the eggs.

### Date Pudding

HIGH CLERC

1 packet of dates chopped (1 lb.)

1 tea-spoon baking powder

$\frac{3}{4}$  cup sugar

2 eggs

4 table-spoons flour

$\frac{1}{2}$  cup chopped walnut meats

Beat eggs separately. Add sugar and dates to the beaten yolks; mix baking powder with flour, add, then add nuts and beaten whites of eggs last. Bake. Serve hot, or cold with whipped cream.

### Date and Nut Forte

MRS. LYON

2 eggs

1 cup sliced dates

1 cup sugar

$\frac{3}{4}$  cup flour

1 tea-spoon vanilla

1 tea-spoon baking powder

1 cup quartered walnuts



## PIES, PUDDINGS AND ICES—(Contd.)

Beat together eggs and sugar and add vanilla. Mix nuts, dates, flour and baking powder. Add the eggs—vanilla mixture. Bake about  $\frac{1}{2}$  hour in pan. Serve with whipped cream, or ice cream.

(This pudding never fails, but be sure the cook adds no milk!)

### Date Whip

MRS. CANNADAY

1 cup dates

1, or 2 egg whites

1 table-spoon sugar

Cornflour pudding

Wash and stone the dates. Add sugar and cook with a very little water until tender, strain, or put through a colander. Beat up white of egg and fold into the dates. Use on top of cornflour pudding.

### Food for the Gods

MRS. EVANS

1 cup sugar

1 tea-spoon baking powder

3 eggs (beaten separately)

$\frac{1}{2}$  package dates

8 crackers (rol'ed fines)

$\frac{1}{4}$  lb walnuts

$\frac{3}{4}$  cup boiling water

Bake in a slow oven for 45 minutes. Serve cold with whipped cream or cream.

### Ginger Bread and Banana Dessert

MRS. FINEFROCK

Ginger bread (fresh)

$\frac{1}{4}$  cup lime juice or

3 cups banana pulp

$\frac{1}{2}$  cup sour orange juice or

1 cup sugar

$\frac{1}{4}$  cup lime and orange juice

Cut ginger bread into squares. Serve with sauce made of bananas, mashed *with silver fork*, sugar and fruit juice.

## PIES, PUDDINGS AND ICES—(Contd.)

### Gnocchi of Milk

MRS. CANNADAY

1 cup milk  
1 level table-spoon cornflour  
 $\frac{1}{2}$  tea-spoon vanilla

2 yolks of eggs  
2 table spoons sugar

Put all these ingredients together into a saucepan and mix together with a wooden spoon for a few minutes. Then put on the back of the stove where it is not too hot and cook until the mixture has become stiff. Cook a few minutes longer; then turn out and spread to an inch thickness. When cold cut into diamonds, or squares. Butter a baking-dish and put the squares into it overlapping each other. Add a few dabs of butter here and there, put another layer of the squares in the dish, more dabs of butter and so on until the dish is full. Brown in the oven.

### Battle Creek Grapenut Pudding

MISS THOMAS

$\frac{1}{2}$  package lemon gelatine  
1 pint hot water

$\frac{1}{2}$  lb. raisins, or dates  
1 tea-cup grapenuts

Dissolve gelatine in hot water, add other ingredients and mix nuts, if desired; stir all together, place in a mold, set aside to cool.

### Kodai Snow

HIGH CLERC

1 quart milk  
4 eggs  
3 table-spoons cornflour  
Vanilla

1 cocoanut  
1 cup sugar  
Salt  
1 cup grated chocolate

## PIES, PUDDINGS AND ICES—(Contd.)

Heat the milk, mix the cornflour in a little cold milk with chocolate, or cocoa and half the sugar. Add beaten yolks after the cornflour is cooked. Pour into baking dish and cover with a meringue made of the beaten whites and  $\frac{1}{2}$  cup sugar. Brown and sift the grated cocoanut thickly over the top.

### Matrimony Meringue

HIGH CLERC

2 cups sugar (big size)

4 egg whites

Mix whites of eggs and sugar and beat thoroughly. Put buttered paper in baking tin and drop 1 tea-spoon of meringue to each. Bake in slow oven until firm. Put together with—

1 small tea-cup thick cream

1 table-spoon sugar.

$\frac{1}{2}$  tea-spoon vanilla

Mix into thick paste and put between the meringue.

### Oatmeal Pudding

MISS JOHNSON

1 cup rolled oats

1 cup seeded raisins, or prunes

2 cups boiling water

$\frac{1}{2}$  cup sugar

$\frac{1}{2}$  tea-spoon salt

1 table-spoon lime juice

Stir oatmeal into boiling salted water. When it begins to thicken, steam in double boiler for about  $\frac{1}{2}$  hour. Add raisins. Caramelize the sugar, add lime juice and mix with the oatmeal. Pour into mold and chill.

[Other cereals and other fruits may be used.—*Editor.*]

## PIES, PUDDINGS AND ICES—(Contd.)

### Peanut Brittle Whip

MRS. FRANK

$\frac{1}{2}$  lb. peanut brittle

1 pint whip cream

Grind brittle fairly fine; beat cream, not too stiff. Sprinkle brittle into cream to taste.

Serve.—This is enough for 6 people.

(Nestles' tinned cream whips well.)

### Pineapple Parfait

HIGH CLERC

$\frac{1}{2}$  oz. gelatine

1 cup chopped nuts

2 cups hot boiled rice

1 cup sugar

$1\frac{1}{2}$  cups milk

$\frac{1}{4}$  tea-spoon salt

1 cup cream

1 tea-spoon vanilla

Soak gelatine in milk, dissolve in hot rice, add sugar and salt. When cold fold in cream, beaten stiff. Add nut meats and flavouring. Mold. To serve unmold and decorate with half circles of stewed pineapple, so placed that they touch each other. Pour pineapple juice over all. White, brown or maple sugar may be used.

### Pineapple Pudding

HIGH CLERC

1 pineapple cut into small pieces

6 eggs

1 tea-cup sugar

1 cup rich milk

Line tin with rich paste. Mix sugar with pineapple and let stand 15 minutes. Beat the egg, gradually pour in pineapple, pour in milk, stir thoroughly and put into the paste. Bake in slow oven till stiff.

## PIES, PUDDINGS AND ICES—(Contd.)

### Pineapple Trifle

MRS. SAUNDERS

1 small tin pineapple  
 $\frac{1}{2}$  cup syrup  
 4 little sponge cakes  
 $\frac{3}{4}$  pt. thick cream

$\frac{1}{2}$  pt. thick custard  
 A few drops vanilla essence  
 Sugar to taste

Decorate with fancy biscuits and cherries. Cut pineapple into small thin slices, also sponge cakes and place in glass dish a layer of pineapple, then a few slices of cake and a little syrup and custard till the dish is full. Allow to stand some time, then whisk cream, add sugar and flavouring to taste, pile high and decorate with biscuits and cherries.

### Pineapple and Peach Dessert

MRS. LIVENGOOD

Pineapple  
 Peaches  
 2 egg whites

$\frac{1}{4}$  cup sugar  
 Shredded cocoanut

Put slices of pineapple in a baking dish ; on top of each slice set half a peach ; cover with meringue made from egg whites and sugar and sprinkle with cocoanut. Set in oven to brown.

### Plantain Fluff

MRS. R. H. H. GOHEEN

1 cup plantain pulp  
 2 table-spoons sugar

$\frac{1}{2}$  lemon  
 $\frac{1}{2}$  cup whipped cream

Force enough plantain through a ricer to fill a cup. Whip it with the sugar, add lemon juice, beat thoroughly and add cream beaten stiff and beat again. Serve the fluff in frappe glasses, when it is all well chilled, with sponge cake.

## PIES, PUDDINGS AND ICES—(Contd.)

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### Mother's Plum Pudding

MRS. FINEFROCK

1 cup sugar	$\frac{1}{2}$ tea-spoon cloves
$\frac{1}{2}$ cup butter	$\frac{1}{2}$ tea-spoon ginger
2 eggs	$\frac{1}{2}$ tea-spoon nutmeg
1 cup currants	1 cup sweet milk
1 cup raisins	2 cups flour
1 tea-spoon cinnamon	1 tea-spoon soda

Boil  $2\frac{1}{2}$  hours and serve with any desired sauce

### Plum Pudding

MRS. LAWSON

1 cup chopped suet	1 tea-spoon cloves
2 cups fine bread crumbs	$\frac{2}{2}$ tea-spoons cinnamon
$1\frac{1}{2}$ cups sugar	$\frac{1}{2}$ tea-spoon nutmeg
1 cup raisins	4 well beaten eggs
1 cup currants	1 tea-spoon soda in
1 cup blanched almonds	1 table-spoon hot water
$\frac{1}{2}$ cup citron peel	1 cup milk
1 tea-spoon salt	2 cups flour

Flour the fruit from the flour measured out and mix as follows. In a large bowl put eggs, sugar, spices and salt mixed with the milk. Stir in floured fruit, bread-crumbs, nuts, suet in this order, putting soda in last and the remaining flour.

Boil or steam 4 hours. Serve with well flavoured sauce.

### Sago Plum Pudding

MRS. SAUNDERS

1 cup bread-crumbs	4 table-spoons sago, which has been
1 cup sugar	soaked in 1 cup milk
1 small cup raisins	$\frac{1}{2}$ table-spoon butter
1 tea-spoon soda	Lemon peel and essence

## PIES, PUDDINGS AND ICES—(Contd.)

Put bread-crumbs, sugar, raisins, butter and peel into basin, stir in soda with milk and sago then add dry ingredients. Mix all together thoroughly, put in a buttered mold and boil  $2\frac{1}{2}$  hours, serve with sweet sauce.

### Prunes

MRS. DOWNIE

Prunes

Bread-crumbs

Prunes may be softened, scalloped with bread-crumbs and served with hard sauce.

### Norwegian Prune Pudding

HIGH CLERC

$\frac{1}{2}$  lb. prunes

2 cups cold water

1 cup sugar

$\frac{1}{8}$  tea-spoon salt

1 piece stick cinnamon

$1\frac{1}{2}$  cups boiling water

$\frac{1}{2}$  cup cornflour

1 table-spoon lemon juice

Wash the prunes and soak in the cold water, and boil when ready to cook. Remove prunes, stone them, and add the meats from the stones to the pulp. Mix the cornflour with a little cold water. Heat prunes and prune juice, meats, sugar, cinnamon and boiling water, and when boiling, add the cornflour. Cook half an hour in double boiler. Remove cinnamon, add lemon juice and mould. Serve with cream.

### Rhubarb Cream

MRS. J. L. GOHEEN

12 stalks rhubarb

1 lemon (grated rind and juice)

1 inch stick cinnamon

$1\frac{1}{2}$  cups sugar

$1\frac{1}{2}$  cups whipped cream

## PIES, PUDDINGS AND ICES—(Contd.)

Wash and cut rhubarb into inch pieces. Leave skin on. Add spice, lemon rind and juice and cook gently until juice of rhubarb is flowing freely. Add sugar and cook until it is a thick marmalade. Cool, fold in whipped cream and serve with sponge cake, or angel food.

### Rice Pudding ("Stirred Under")

MRS. FINEFROCK

$\frac{1}{2}$  cup rice  
4 cups sweet milk  
 $\frac{1}{2}$  cup sugar

$\frac{1}{2}$  tea-spoon salt  
 $\frac{3}{4}$  cup raisins

Wash rice and add to milk with sugar and salt. Place in oven and as a brown crust forms keep stirring it under. Add raisins and bake more. This will need to be in oven 1 hour, or more.

### Glorified Rice

MRS. DIXON SMITH

1 cup cooked rice  
1 cup crushed pine-apple (without juice)  
12 marshmallows

$\frac{1}{4}$  cup sugar  
 $\frac{1}{4}$  pt cream (whipped)  
Cherries and nuts

Cut marshmallows into small pieces; add rice, sugar and fruit. Let stand in ice box, or *in snow* for 3 hours.

### Short Cake

MRS. McCAULEY

3 cups flour  
2 table-spoons sugar  
Pinch of salt

2 tea-spoons baking powder  
2 table-spoons lard, or butter  
Milk enough to make soft dough

Makes three cakes.



## PIES, PUDDINGS AND ICES—(Contd.)

Rub butter into flour containing the baking powder; make into soft paste with milk. Bake in a shallow pan. Open with a sharp knife, spread with straw berries crushed into sugar; lay the top on again and serve with cream, or the best milk available. The above recipe may be varied by using peaches, raspberries, tomatoes, stewed figs, dried apples (stewed) flavoured with lemon juice and rind, or other fruits.—*Editor.*

### Custard Souffle

CAPRON HALL, MADURA

2 scant table spoons butter

1 cup hot milk

2 table spoons flour

5 eggs

2 table-spoons sugar

Rub butter to a cream, add flour and pour milk on gradually. Cook 8 minutes in a double boiler, stirring often. Separate the yolks and whites of eggs and cool the whites. Beat the yolks, add sugar and milk and set away to cool. Half an hour before serving, beat the whites stiff and cut them in lightly. Bake in a moderate oven 30 minutes. Serve at once with the following sauce:—

1 well-beaten egg

1 tea-spoon vanilla

1 cup sugar

1 table-spoon hot milk

To make Chocolate Souffle use  $\frac{3}{4}$  cup milk, 4  $\frac{1}{2}$  level table-spoons grated chocolate, or cocoa and only 2 eggs —*Editor.*

To make Orange Souffle use 1 orange, juice and rind,  $\frac{1}{2}$  lemon (juice) and only 2 eggs.—*Mrs. Dixon Smith.*

To make Rhubarb Souffle use 3 eggs to 3 cups rhubarb sauce—*Editor.*

## PIES, PUDDINGS AND ICES—(Contd.)

### Mocha Souffle (Pudding)      MRS. ROTTSCHAEFFER

1½ cups strong coffee	¾ tea-spoon salt
½ cup milk	3 eggs
¾ cup sugar	½ tea-spoon vanilla
1 table-spoon gelatine	

Mix coffee, milk, sugar and gelatine and heat in a double boiler; then add the salt and yolks of eggs, beaten. Cook until the mixture thickens, stirring all the time. Remove from fire, add the beaten whites of the eggs and the vanilla. Pour into a wet mold. Serve with cream.

### Sponge Pudding      MRS. EDWARDS

1 cup flour	3 eggs
1 cup white sugar	1 tea-spoon baking powder
1 cup butter	

Beat eggs well. Stir in flour and sugar. Melt butter and add it and the baking powder. Mix well and put into greased basin. Bake about ½ hour. Serve with sweet sauce.

### Bread Sponge Pudding      MRS. CANNADAY

Buttered bread	Stewed fruit
Boiling fruit juice and pulp	

Fill a bowl full of cubes of buttered bread, pour over as much boiling fruit juice and pulp as it will absorb, chill and unmold. Serve with extra stewed fruit.

## PIES, PUDDINGS AND ICES—(Contd.)

### Butterscotch Tapioca

MRS. DOLBEER

1 table-spoon butter	$\frac{3}{4}$ cup milk
$\frac{1}{2}$ cup brown sugar	2 eggs
$1\frac{1}{4}$ cups hot water	$\frac{1}{2}$ tea-spoon vanilla
$\frac{1}{2}$ cup flake tapioca	A pinch of salt

Melt butter in frying-pan and add sugar. Stir until sugar melts. Add hot water, salt and tapioca, which has been well soaked beforehand. Cook until tapioca is clear. Heat milk in double boiler and add mixture to it. Add beaten yolks and cook 1 minute. Add egg whites, stiffly beaten, remove from fire, add vanilla, chill and serve.

### Cocoanut Cream Tapioca

MRS. FLINT

2 cups milk	2 eggs
2 table-spoons minute tapioca	$\frac{3}{4}$ cup sugar
$\frac{1}{2}$ cup freshly grated cocoanut	

Place milk in double boiler. When brought to boiling point, stir in tapioca. Boil 15 minutes, then stir in cocoanut, the well beaten yolks of eggs and  $\frac{1}{2}$  cup sugar. Cook about 5 minutes longer. Beat whites of eggs to a stiff froth with  $\frac{1}{4}$  cup sugar; pour over pudding and put into oven for 5 minutes. Sprinkle cocoanut over the top before browning.

### Coffee Tapioca

MISS CHANDLER

6 cups weak coffee	2 cups, or less sugar
1 cup tapioca	

Cook 2, or 3 hours in double boiler.

## PIES, PUDDINGS AND ICES—(Contd.)

### Pineapple Tapioca

MRS. DOLBEER

1 cup crushed pineapple  
2 table spoons sugar  
2 table-spoons tapioca

2 egg whites  
 $\frac{1}{2}$  cup pineapple juice

Put the pineapple in a double boiler; add the tapioca, sugar and let cook until tapioca is clear (about 30 minutes). Add beaten egg whites and cook until set. Cool and serve with any favorite pudding sauce.

### Up-side-down Cake

MISS SCHWAB

Melt 2 table-spoons butter in a cake tin, preferably square. Sprinkle 1 cup brown sugar on the melted butter to cover surface of tin. Place slices of pineapple on sugar. Pour over the fruit the following batter, bake in a moderate oven, turn out onto a platter and eat soon.

$\frac{1}{2}$  cup butter  
 $\frac{3}{4}$  cup sugar  
2 eggs  
 $\frac{1}{2}$  cup milk

$1\frac{1}{2}$  cups flour  
 $\frac{1}{4}$  tea-spoon salt  
2 table-spoons baking powder  
1 tea-spoon vanilla or maple essence

Cream butter and sugar; add eggs without separating. Sift together flour, salt and baking powder and add gradually with the milk. Add flavouring.

Apples, peaches, apricots, etc. may be substituted for pineapples. Stewed prunes with pecans are especially good.

## PIES, PUDDINGS AND ICES—(Contd.)

### Batter for Up-side-down Cake

MRS. WOOD

1 cup sugar	A pinch of salt
3 egg yolks	1 cup flour
3 " half egg shells " boiling water	1 tea-spoon baking powder
3 egg whites	

### Water Pudding

MRS. FRANK

2 table-spoons cornflour	1½ limes, juice only or
A little cold water	1½ lemons
2 cups hot water	3 egg whites
½ cup sugar	

Mix cornflour in the cold water; add hot water; boil slowly 20 minutes; add sugar and juice of limes; whip into egg whites already beaten. This sets and can be served in a mold or any deep dish with the following sauce.

3 egg yolks	2 tea-spoons cornflour
2 tea-spoons sugar	½ cup milk

Boil and form thin custard

### Grape Zip

MRS. LIVENGOOD

1 package lemon jelly	1 cup grape juice
1 cup boiling water	

Dissolve jelly in water and add grape juice. When it begins to thicken, beat with egg beater and serve in sherbet glasses.

## PIES, PUDDINGS AND ICES—(Contd.)

### Caramel Sauce

MRS. FINEFROCK

1 cup sugar  
 $\frac{1}{2}$  cup butter  
 2 cups hot water

2 tea-spoons browned flour  
 Pinch of salt  
 Vanilla

Brown butter and sugar. Add flour and water and salt. Boil and add vanilla when cool.

### Chocolate Sauce

MRS. MCCAULEY

$\frac{1}{2}$  cake chocolate  
 $\frac{1}{2}$  pint hot milk

6 table-spoons sugar  
 1 table-spoon cornflour

Melt chocolate over hot water. When melted add gradually the hot milk, sugar, cornflour mixed with a little cold milk. Cook thoroughly and add vanilla.

### Delicious Pudding Sauce

MRS. FINEFROCK

4 table-spoons sugar  
 2 table-spoons flour  
 $\frac{1}{2}$  tea-spoon salt  
 2 table-spoons butter

2 table-spoons molasses  
 2 cups boiling water  
 Cream

Blend flour, sugar and salt and then add butter and molasses and cream. Add water and boil 1, or 2 minutes. Serve with cottage, or boiled pudding.

### Lemon Sauce

MISS HARGRAVE

2 cups water  
 1 cup sugar  
 2 table-spoons cornflour

2 table-spoons butter  
 Juice and grated rind of 1 lemon

## PIES, PUDDINGS AND ICES—(Contd.)

### Ohio Pudding Sauce

MISS DICKSON

(For Carrot-Ohio-Pudding)

$\frac{1}{2}$ cup butter	2 table-spoons chopped nuts
1 cup brown sugar	2 table-spoons chopped dates
4 table-spoons cream	$\frac{1}{2}$ tea-spoon lemon extract

Cream butter, add sugar gradually, while beating constantly and add cream DROP BY DROP. Then add remaining ingredients.

### Ice Cream

MRS. DOLBEER

2 cups rich milk	$\frac{1}{2}$ cup sugar
2 eggs	1 tea-spoon cornflour
1 tea-spoon vanilla	A pinch of salt

Mix cornflour, sugar, salt and egg yolks; add milk and boil as for a custard. Cool and just before putting into tray beat in the egg whites and add flavouring, which may consist of chocolate, maple and nuts, any tinned or fresh fruit (including mango, or canteloupe). Fruit should be mashed before adding to the custard. (This may be used with the icy-ball).

Variation to above—

MRS. S. J. THEODORE

Substitute 1 cup sugar, 1 table-spoon flour and add 1 quart thin cream if ordinary milk is used.

Scald the milk in a double boiler; add sugar to slightly beaten egg yolks and pour hot milk on to the egg gradually, stirring constantly. Return to double boiler and cook until it coats a metal spoon (about 8 minutes). Strain, cool, and add flavouring cream.

## PIES, PUDDINGS AND ICES—(Contd.)

### Flavouring Cream

MRS. S. J. THEODORE

4 cups prunes  
6 cups cold water

1 cup lemon juice

Mash prunes, add water, bring to boiling point and cook until soft (about 30 minutes). Rub through sieve, add to cooled custard and freeze.

### French Ice Cream

MRS. WILCH

5 cups buffalo milk  
1½ cups cream or 1 large tin  
3 egg yolks

⅓ tea-spoon salt  
1 cup sugar  
1 table-spoon vanilla

Blend egg yolks and sugar and combine with milk. (Do not cook) Add remaining ingredients and freeze. If tinned milk or cream is used add ¼ tea-spoon almond extract. Use 4 parts cracked ice to 1 part salt for freezing. This makes 2 quarts.

### Frozen Caramel Peach Custard

MRS. WILCH

1½ cups granulated sugar  
1½ cups water  
1 table-spoon flour  
⅓ tea-spoon salt

1 egg  
4½ cups milk and cream  
1 tea spoon vanilla  
1 cup crushed peaches

Melt 1 cup sugar in a skillet until syrupy and golden brown in colour. Add water slowly while stirring and cook until caramel dissolves. Mix the flour, remaining sugar and salt in top of double boiler, add hot syrup gradually, stirring constantly. Cook 15 minutes stirring occasionally. Pour this mixture over well beaten egg stirring vigorously. Cook 2 minutes longer. Cool and add milk, vanilla and peaches. Freeze. This makes 2 quarts.



## PIES, PUDDINGS AND ICES—(Contd.)

### Banana Ice

MRS. WOOD

1 cup sugar  
 $\frac{1}{2}$  cup syrup  
 2 cups water

4-6 bananas  
 1 cup orange juice  
 2 table-spoons lemon juice

Cook sugar, syrup and 1 cup water till sugar is dissolved. Add lemon juice and rest of water. Mash bananas through coarse sieve and add to the mixture. This makes 2 quarts.

### Pineapple Ice

MRS. HESS

Press the pulp of one shredded pineapple through a strainer to extract the juice. To each cup juice allow 1 cup sugar and  $\frac{1}{4}$  cup water. Melt sugar in water, add pineapple juice and boil 10 minutes. For a quart freezer use 1 cup pineapple syrup and  $2\frac{1}{2}$  cups cold boiled water; add  $\frac{1}{2}$  table-spoon lime juice. Freeze.

### Strawberry or Peach Mousse

MRS. GRAEFE

1 pint crushed fruit  
 1 table-spoon gelatine  
 A little hot water

$\frac{3}{4}$  cup sugar  
 1 large tin Ideal or other milk  
 1 small tin cream

Dissolve gelatine in water and add to fruit, also sugar. When this begins to thicken beat in the milk and cream. Freeze in mold or freezer for 3 or 4 hours.

### Orange Cream Sherbet

MRS. WOOD

3 cups water  
 2 cups sugar  
 $\frac{1}{2}$  cup orange juice

$\frac{1}{2}$  cup lemon or lime juice  
 1 cup cream or milk

## PIES, PUDDINGS AND ICES—(Concl'd.)

Boil water and sugar until sugar is dissolved. Cool, add lemon and orange juices. Freeze. When it becomes a soft mush add the cream or milk. Continue freezing until stiff enough to serve.

### Chocolate Nut Sauce

AMERICAN

(To serve with ice-cream)

$\frac{1}{2}$ cup sugar	1 tea-spoon vanilla
1 cup water	$\frac{1}{2}$ lb. chopped nuts
4 table-spoons chocolate	A pinch of salt
$\frac{1}{2}$ cup milk	

Boil all the ingredients except the nuts and the vanilla for 5 minutes, then add the nuts and the flavouring. Serve hot, or cold as preferred.

### The use of Klim in making Ice-Cream

MRS. SIPES

If extra milk is not at hand use Klim. If the milk is poor use a small amount of Klim. There is no tinned milk taste to it.

## ENTREES AND EXTRAS

### Whole Wheat Cereal

MRS. CANNADAY

1 cup whole wheat kernels  
4 cups cold water

1 tea-spoon salt

Wash the wheat thoroughly until the last water is clear; then add 4 cups water and salt and cook until each kernel bursts. Time required is between 3 and 4 hours. Stir frequently and add more water if wheat becomes dry.

### Dumplings

MRS. FINEFROCK

2 cups flour  
4 tea-spoons baking powder

$\frac{1}{2}$  tea-spoon salt  
1 cup milk

Mix. Drop from spoon into boiling stew or gravy. Cover tightly and *do not remove cover for 15 minutes*. Then they will be cooked and not tough.

### Fried Apples

MRS. CANNADAY

Apples  
Salt

Brown sugar  
Fat

Cut apples without paring. Sprinkle with a little salt and plenty of brown sugar. Fry in just enough fat to keep from burning.

## ENTREES AND EXTRAS—(Contd.)

### Cheese Rolls

MRS. LYON

Bread  
Cheese

Butter

Slice bread thin. Butter it lightly and sprinkle over it the cheese grated. Roll and place one against the other in a pan. Just before serving, toast in the oven.

### Shapleigh Luncheon Cheese

MRS. CANNADAY

2 eggs slightly beaten  
1 cup thin cream  
1 table-spoon butter  
 $\frac{1}{2}$  tea-spoon mustard  
 $\frac{1}{4}$  tea-spoon paprika

A few grains cayenne  
1 tea-spoon salt  
 $\frac{1}{2}$  lb mild cheese, or less  
Stale bread

Cut cheese into small pieces and cut bread into fingers about  $\frac{1}{2}$  inch thick. Spread bread with butter; arrange pieces close together around sides and bottom of buttered baking dish; combine other ingredients, pour into dish and bake 30 minutes in moderate oven.

### Cheese Straws

MRS. MCCAULEY

1 table-spoon butter  
 $\frac{1}{2}$  cup flour  
 $\frac{1}{2}$  cup bread crumbs

$\frac{1}{2}$  cup grated cheese  
A little cayenne pepper  
Salt

Rub butter into flour and bread-crumbs. Add finely grated cheese, a little cayenne pepper and salt. Add sufficient cold water to mix into a stiff paste. Roll paste out  $\frac{1}{4}$  in. thick, cut and put on baking sheet and bake.

## ENTREES AND EXTRAS—(Contd.)

### Cheese and Spinach Timbales

MISS THOMAS

2 cups spinach

2 eggs

2 table-spoons milk

2 table-spoons butter

2 table spoons Krafts cheese

 $\frac{1}{2}$  tea spoon salt and a little pepper

Chop spinach very fine. Beat egg yolk, add milk, melted butter, cheese, and seasoning. Mix with the spinach and fold in stiffly beaten egg whites. Fill buttered timbale molds with mixture, place in pan of hot water and bake in a moderate oven until firm. Turn out on a hot plate, garnish with slices of hard-boiled egg and pour cheese sauce around the timbales.

### Cheese Toast

MRS. CANNADAY

2 table-spoons cheese

1 heaping tea-spoon butter

1 egg (beaten)

Salt and pepper

Mix cheese and butter and the egg gradually until the mixture is like separated cream in consistency; then spread on slices of bread the under sides of which have been toasted. They can then be browned in an oven, or held under a fire.

### Plantains Fried

MRS. MILLER

Plantains

Butter

Flour

Eggs

Take as many plantains as necessary and cut them in pieces lengthwise. Fry in butter a light brown after having first floured them. Drain well and serve with poached eggs, the same as bacon and eggs would be served.

## ENTREES AND EXTRAS--(Contd.)

### Cinnamon Prunes

AMERICAN

1 lb. prunes

2 slices lemon, or orange

3 inch stick cinnamon

Wash the prunes carefully, cover with cold water, and soak overnight. Add the cinnamon and slices of lemon or orange. Cook slowly in a covered utensil until tender. If cooked very slowly, no sugar will be needed.

### Peanut Balls

MRS. CANNADAY

Peanuts

Egg

Mashed potato

Crumbs

Put a quantity of peanuts through a grinder; add it to the same amount of light mashed potato. Add an egg and season. Roll into balls, add in the crumbs and fry in deep fat, as croquettes.

### Peanut Crisps

MRS. CANNADAY

Peanut butter

Small crackers

Spread small crackers with peanut butter and put into oven until crisp but not burned.

### Sweet Potato

MRS. WOLF STEWART, M.D.

Boil, or bake the sweet potatoes, peel, mash and season with butter and a little cream; add chopped nuts, put them in a baking pan, cover with marshmallows and brown in the oven.

## ENTREES AND EXTRAS—(Contd.)

### Rice and Bacon

MRS. CANNADAY

Boiled rice  
1 egg (beaten)

A little milk  
Salt and pepper

Fill a baking dish with boiled rice. Add the egg beaten up with a little milk. Season. Lay several thin slices bacon over the top and bake.

### Baked Rice

MRS. FINEFROCK

1 cup rice  
Milk  
Butter

Grated cheese  
Green chilli

Parboil the rice in salted water. Pour into a buttered baking dish and nearly cover with milk. Add bits of butter, sprinkle with grated cheese and bake. A green chilli may be chopped and mixed with the rice.

### Minced Rice Mold

HIGH CLERC

1 tea-cup rice  
Cold meat, minced

Small lump butter  
Seasoning

Boil the rice. Butter a china mold and line it with a thick layer of rice. Pour minced meat into rice mold and cover with rice. Place mold in saucepan of hot water and cover to steam. Turn mold out on to a platter to serve hot with tomato sauce.

## ENTREES AND EXTRAS—(Concl'd.)

### Spanish Rice

MISS JOHNSON

$\frac{1}{3}$  cup raw-rice  
 2 cups tinned tomatoes  
 1 cup hot water  
 3 table-spoons chopped onions

1 table-spoon chopped green pepper  
 1 cup cheese-cut small  
 2 tea spoons salt  
 A speck of red pepper

Mix all the ingredients together in a baking dish. Bake slowly until the rice is soft—about 1 hour. Stir occasionally.

### Sardine Relish

HIGH CLERC

1 tin sardines  
 $\frac{1}{3}$  cup chopped pickles  
 1 table-spoon butter

$\frac{1}{2}$  cup vinegar  
 $\frac{1}{2}$  tea-spoon salt

Melt the butter in chafing dish. Mix in chopped sardines, pickles, vinegar and salt. Thoroughly heat and serve on crackers.



## INDIAN DISHES

### Appams

CAPRON HALL, MADURA

2 cups rice flour

1½ cups water

1 tea-spoon salt

1 tea spoon cream of tartar

¼ tea-spoon soda

2 table-spoons sugar

1 large cocoanut

Mix the water, cocoanut milk and flour and allow it to stand for about an hour. Then add sugar, cream of tartar and salt. Put in the soda last of all and bake in proper Indian dishes (chatties) for this purpose.

### Egg Appams

CAPRON HALL, MADURA

Vary the previous recipe by using only ½ cup rice flour and adding 4 eggs, 1 table-spoon butter and less salt. Add eggs last after beating.

### Bajjis

MRS. P. M. KANGA

**A** { 1 lb. gram flour (channa)  
5½ ozs. finely chopped onions  
2¼ ozs. fried onion slices  
½ tea-spoons turmeric powder  
**C** { 2 table-spoons butter  
2 fresh eggs  
2¼ ozs. seeded tamarind  
7¼ ozs. cold water  
1 tea-spoon baking powder  
1 sour lime

**B** { 3 heaping table-spoons coriander leaves  
6 green chillies  
6 dry red chillies  
1 garlic (scales removed)  
1 cubic inch green ginger  
1 dessert-spoon cummin seed (jira)  
½ tola kitchen salt  
½ cocoanut shredded  
1 table-spoon coriander seeds  
1½ pt. cocogem or other fat

## INDIAN DISHES—(Contd.)

Mix together ingredients in A. and while still stirring add 1 by 1 ingredients in C. Grind B. to a paste. Soak tamarind in the water and squeeze it to obtain its thickened extract; then add to B. and make a thin paste. Add this to A. and C. stirring all the time. If the mixture is too stiff add some water, little by little. The mixture should be about the consistency of a cake mixture and should be mixed in an enamel or earthenware bowl. Cover and let stand for 2 hours. Just before frying add baking powder.

To fry, drop in small lumps by a tea-spoon into deep boiling fat. As soon as the fat begins to froth add the juice of the lime, so that the froth subsides. Keep turning the bajjis until they are evenly browned on all sides. A slow fire is better than a brisk one, as the bajjis are apt to burn, if done too quickly and will not be cooked inside. Remove with a perforated ladle and allow to drain.

Variations may be made by taking small pieces of plantain, or boiled potatoes, or slices of raw onion and dipping them in the mixture, covering them completely with the batter. A chutney paste is served with the bajjis, or they may be eaten plain. These bajjis are delicious for afternoon tea.

### Bajjis

MRS. R. B. MANIKAM

3 cups Bengal gram flour  
1 cup rice flour  
 $\frac{1}{2}$  tea spoon chillie powder  
A pinch of turmeric powder

Salt to taste  
1 $\frac{1}{2}$  cups water  
Butter or other fat or oil

Mix these ingredients well to form thin paste. Take slices of plantains, potatoes, onions, brinjals or any similar vegetable, dip them in the batter and fry in deep fat.

## INDIAN DISHES—(Contd.)

### Chapatis

MRS. SIMLAI

Flour (ata)

Salt to taste

Water

Mix salt with flour, knead with water and allow it to stand an hour. Make into small balls. Dip these in dry flour and roll out one at a time very thin and fry lightly on one side and more on the other. Then hold the chapati over, or near the coals, with the lightly fried side nearest the fire until it begins to puff up.

### Pagodas

MRS. S. J. THEODORE

Bengal gram

Onions

Dry chillie powder

Green chillies

Seasoning leaves (dried and powdered)

Powdered cloves

Ground rice

Powdered cardamoms

Ground ginger

Salt

Water

Cocoanut juice

Ground cocoanut

Grind the gram well. Cut the onions and green chillies into small bits. Add together these and dry chillie powder, the powdered seasoning leaves, cloves cardamoms, ginger and salt to taste. Add all the above ingredients to the gram powder and then add, cocoanut juice, ground cocoanut and water, little by little. (It should not be too moist). Roll into small balls and fry in ghee.

If desired, add a handful of powdered raw rice to the mixture, or a little ground mutton.

**INDIAN DISHES—(Contd.)****Patties**

MRS. FENN

1 small cup flour  
2 eggs  
 $\frac{1}{2}$  lb. mutton  
2 potatoes

$\frac{1}{2}$  cup ghee  
Salt to taste  
Pepper or green chillies

Mix egg whites,  $\frac{1}{4}$  cup ghee, flour, salt and flatten the mixture into shape of large wafers. Fry the mutton and potatoes after adding salt, pepper or green chillies. Spread this mixture on the wafers and fold together. Let these puffs be fried in the remaining ghee.

**Perugu Garlu**

MISS WELTY

(Cakes made with curds)

1 seer (about 6 cups) black gram  
6 green chillies  
6 onions  
A few coriander leaves  
1 seer curds (8 cups)  
 $\frac{1}{2}$  tea-spoon turmeric powder  
Salt to taste

2 table-spoons ghee or gingelly oil  
4 red chillies  
2 onions cut fine  
A few curry leaves  
A few grains cummin  
A few grains mustard seeds

Soak the gram overnight; grind it to a soft flour and mix with it green chillies, onions and coriander leaves. Add to the curds, turmeric and salt and mix well.

Place ghee or oil in degchi over the fire, add chillies and onions, cut fine, a few curry leaves, cummin and mustard and fry until brown. Quickly pour prepared curds into the degchi and remove from fire.

## INDIAN DISHES—(Contd.)

Make prepared gram into cakes and fry them in hot ghee until brown. Soak these in prepared curds  $\frac{1}{2}$  hour and serve.

### Halva

MRS. R. B. MANIKAM

(Black Puttu Rice)

4 cups rice powder

2 large cocoanuts

4 cups sugar

2 cups ghee or butter

Salt to taste

Grate the cocoanut fine, mix with hot water while pressing and squeezing the juice until about 3 cups are extracted. Mix rice flour, sugar and cocoanut milk, with a pinch of salt and make into a thin gruel. Pour half of the ghee into frypan. When ghee is melted pour mixture into it and stir constantly. When it solidifies and does not stick to the spoon, pour in rest of the ghee and keep on stirring until it spits out the excess ghee. This excess must be strained away. Turn the halva on to a plate, let it cool and then cut.

### Indian Pedhe

MRS. R. H. H. GOHEEN

1½ quarts milk

2 cups sugar

A little water

11 cardamom seeds

Boil down the milk until it has the consistency of dough. Boil the sugar in water about 5 minutes; then put in the powdered cardamom seeds. Mix the dried milk into this, stirring until smooth and boil 10 or 15 minutes, until it is possible to make it into balls.

## INDIAN DISHES—(Contd.)

### Jilebies

MRS. S. J. THEODORE

2 lbs. rice flour or very fine rolong  
(suji)  
8 ozs. black gram powder  
Water

1 salt-spoon salt  
4 table-spoons curds  
4 lbs. white sugar  
1 lb. ghee

To the rice flour, or rolong add black gram powder ; make into a batter with sufficient water, salt and curds. Let it stand for 24 hours. Make a syrup of the sugar and set aside until required. Boil the ghee in a deep pan, pour batter into it by degrees through the hole of a cocoanut shell or a regular jilebi mold, moving the mold, as you pour to form the shape you wish. When fried on one side, turn and fry the other. Drop the prepared jilebi into the syrup for a few minutes. Plenty of ghee, or butter, must be used, as the jilebies must float while frying.

### Mysorepak

MRS. S. J. THEODORE

$\frac{1}{2}$  lb. Bengal gram flour  
1 lb. good ghee, or butter

$\frac{1}{2}$  lb. white sugar  
A little water

First make a syrup of the sugar in water ; clarify it and when rather thick, stir in gram powder, and boil well ; then add the ghee, stirring well the whole time. When the paste is thick enough to set, pour onto buttered plates and cut into squares while hot. Do not remove from plates until quite cold.

### Sandesh

MRS. S. K. ROY

1 measure (seer) milk (fresh)  
1 small lemon (juice)

Cold water  
Sugar

## INDIAN DISHES—(Contd.)

Pour the fresh milk into a vessel and put over the fire. As soon as it begins to boil, squeeze lemon juice into it and add some cold water. (This helps to curdle it quickly.) As soon as the whey becomes a little greenish in colour, it should be removed from the fire and strained in a cloth, tied tightly and hung up, so that all the water may be drained off. Drain about 4 hours. Then grind the curd so that all the grains become like paste. Weigh the curd and add sugar,  $\frac{1}{2}$  the weight of the curd. Put the sugar in a vessel and add water. When the syrup becomes pretty thick add the curd and stir all the time it is on the fire. When it becomes of such a consistency that you can make a ball with it, it should be removed and allowed to cool a little. Then balls, or squares can be made. Any *essence* may be added just before removing from the fire.

### Chicken Curry

MISS MAIDEN

1 tender fowl  
2 table-spoons ghee  
1 tea-cup water  
1 tea-spoon, or more salt  
2 dessert-spoons ground onions  
1 tea-spoon ground saffron

1 tea-spoon ground chillies  
 $\frac{1}{2}$  tea-spoon ground ginger  
 $\frac{1}{4}$  tea-spoon ground garlic  
12 onions  
 $\frac{1}{2}$  tea-spoon ground coriander seed (if desired)

Cut into thin slices the onions. To vary the curry you may add coriander seed. Warm the ghee. Fry crisp the sliced onions and set them aside in a flat dish. Fry the ground curry stuff, stirring the whole until brown. Then put in the chicken and salt and fry until a rich brown. Now put in the fried onions previously minced and the water, and allow all to simmer over a slow fire until the gravy is reduced one-half and the meat quite tender.

## INDIAN DISHES—(Contd.)

### Dal Sambar

CAPRON HALL, MADURA

1 cup dal	$\frac{1}{4}$ cocoanut
2 green chillies	1 onion
Salt to taste	2 tea-spoons ghee
1 doz. curry leaves	3, or 4 cups water

Clean dal, boil in water thoroughly, strain and mash. Slice chillies, extract cocoanut milk and mix with dal in the dal water. Add salt. Chop onion and fry until brown, in ghee. Then add curry leaves. When well fried add the first mixture to this and serve.

### Dry Curry

CAPRON HALL, MADURA

1 lb mutton, or beef	Salt to taste
2 table-spoons curry powder	$\frac{1}{2}$ lime
$\frac{1}{2}$ cocoanut	$\frac{1}{2}$ cup bread-crumbs
1 large table-spoon ghee	1 large Bombay onion
20 curry leaves	2 cups boiling water

Grate the cocoanut and pour over it the boiling water in order to extract the milk. Chop onion and fry in ghee till it is brown; then add curry leaves and curry powder. Fry these for 2 minutes. Add meat and fry 5 minutes. Pour in cocoanut milk and lime juice and let it stand until the whole becomes dry. Add crumbs and leave it over a slow fire for a few minutes. Serve hot.

### Egg Curry

MRS. R. B. MANIKAM

6 eggs	$\frac{1}{2}$ cup butter, or ghee
1 cup cocoanut milk or cream	2 large onions
1 dessert-spoon curry powder	Hot water



## INDIAN DISHES—(Contd.)

Cut hard boiled eggs into slices. Put butter or ghee in frying-pan; add sliced onions and fry until well browned; add the curry powder; stir well for 2 minutes; pour on the cocoanut milk, or cream and add salt to taste. Let it simmer about 15 minutes and thicken with beaten yolk of 1 egg. Add sliced eggs to mixture and let simmer 10 minutes more. Chopped tomatoes, green peas, mushrooms, etc. may be added to taste.

### Fish Curry

MRS. R. B. MANIKAM

12 slices fish  
2 cups coccanut or cow's milk  
2 onions  
3 small green chillies  
½ tea-spoon grated ginger

1 garlic peeled  
1 table-spoon curry powder  
1 lemon  
¼ cup butter, or shortening  
A few curry leaves (fresh or dry)

Brown the finely cut onions, chillies, garlic and ginger; add curry powder and leaves; stir well; add the fish, cover the pan for 5 minutes; now add the milk, salt to taste and cook slowly for ½ hour. When the gravy becomes thick, add lemon juice and serve with rice.

Tomatoes, eggs and potatoes improve the flavor. Shrimps, or prawns may be substituted for the fish.

### Meat Kalsa

MRS. S. K. ROY

½ seer (1 lb.) meat  
1 heaping dessert-spoon coriander  
1 level dessert-spoon zeera (cummin)  
A little turmeric  
Some ginger  
10, or 12 peppers

1 chbatak (chiltak) ghee  
A little cinnamon  
A few cloves  
A few cardamoms  
1 chbatak dahi (curds)  
A few potatoes

## INDIAN DISHES—(Contd.)

Grind well together the coriander, zeera, turmeric, ginger and peppers. The ghee must be well heated and then the spices must be added to it and allowed to fry for sometime. When the spices stick at the bottom of the vessel, then a few drops of hot, or cold water should be added. When the spices are well fried the meat should be added and enough water to make the meat soft. The other spices should be added while the curry is boiling. When there is about  $\frac{3}{4}$  of a seer (measure) of water left in the curry, it should be removed from the fire. A little ghee should be put in another vessel and when it is hot a few cummins should be added and as soon as they are roasted, all the curry should be added, together with the curds. The curry must then boil for about 5 minutes. A few potatoes may be included, when the meat is soft.

### **Mutton Mulligatawny**      CAPRON HALL, MADURA

$\frac{1}{2}$ lb. mutton	$\frac{1}{2}$ lb. bones
1 large cocoanut	2 table-spoons curry powder
1 Bombay onion (chopped)	1 lime (juice)
Salt to taste	2 tea-spoons flour
1 doz. curry leaves	1 table-spoon ghee

Boil mutton and bones in 6 cups of water for 45 minutes. After boiling strain gravy. Grate cocoanut and extract milk, keeping first and second milks separately. Add gravy with second milk and boil for 10 minutes adding curry powder and salt. Strain the mixture. Fry onion in ghee. When it is fried add flour. When flour is fried brown, pour on the strained mixture. Chop the boiled mutton and add it to this mixture. Boil it and add the first cocoanut milk. Just before serving add lime juice.

*N.B.*—For extracting first cocoanut milk use  $\frac{1}{2}$  cup boiling water and  $1\frac{1}{2}$  cups for the second milk.

INDIAN DISHES—(Contd.)**Mulligatawny Soup**

MRS. R. H. H. GOHEEN

6 red chillies	$\frac{1}{4}$ tea-spoon mustard seed
$\frac{1}{2}$ cup parched grams	$\frac{1}{2}$ tea-spoon methi (Fenugreek grass)
$\frac{1}{2}$ oz. large cummin seed	24 small garlics
2 ozs. khas khas (poppy)	1 table spoon blanched a'monds
2 inch pieces turmeric	$\frac{1}{4}$ cup peanuts
$\frac{1}{4}$ oz. cinnamon	Chicken
12 cloves	1 cocoanut
6 cardamoms	1 table-spoon butter

Grind gram, peanuts and spices separately. Extract cocoanut milk, strain the different lumps through muslin; take butter and in it heat the peanut lump well; then put in the cocoanut milk and spices, also chicken already boiled and cut up. Cook all together slowly about 10 minutes and serve with rice.

**Omelet Curry**

MRS. R. B. MANIKAM

3 eggs	A small piece ginger
3 large onions	$\frac{1}{2}$ cup butter
1 green pepper	1 cup cocoanut milk or cream
1 dessert-spoon curry powder	Salt to taste

Make 3 small omelets with eggs, minced onions, pepper, ginger and salt. Cut omelet into small squares and make curry as in recipe for egg curry. If desired add juice of  $\frac{1}{2}$  lemon to the curry before serving.

## INDIAN DISHES—(Contd.)

### Pepper Water

CAPRON HALL, MADURA

6 black peppers  
 $\frac{1}{2}$  tea-spoon mustard  
 2 red chillies  
 1 large onion (chopped)  
 1 garlic  
 White tamarind (size of a large lime)  
 1 small piece saffron (turmeric)

1 tea-spoon seeragam (cumin)  
 $\frac{1}{4}$  tea-spoon vendiam (fenugruh)  
 1 table-spoon ghee  
 1 doz. curry leaves  
 Salt to taste  
 $\frac{1}{2}$  measure water

Mash saffron in a mortar and grind pepper, seeragam, mustard, chillies and garlic. Soak tamarind in water and extract the contents. Now mix the ground stuff with water. Boil. Remove it from fire after the first boiling. Strain. Fry vendiam in ghee till brown. When brown add onion and fry till it is brown. Add curry leaves. When the frying sound stops, pour in the mixture and remove it from fire at once without giving it time to boil. Serve hot.

### Vindalu Curry

MISS MAIDEN

$\frac{1}{2}$  oz. garlic  
 $\frac{1}{4}$  oz. chillies  
 $\frac{1}{4}$  oz. black pepper  
 $\frac{1}{4}$  oz. seeragam (cummins)

3 dessert-spoons ghee  
 2 table-spoons vinegar  
 1 tea-spoon salt  
 1 lb. meat of any sort

Cut meat in rather large pieces. Wash and dry the meat in a cloth. Mix the curry stuff, ground well, in vinegar. Next put in the ghee and vinegar and cook until the meat is well done and the curry looks a rich brown. Add no water. If carefully done this will keep for several days.

## INDIAN DISHES—(Contd.)

### Curry for New York

MISS WYCKOFF

1 table-spoon good curry powder	$\frac{1}{2}$ onion
Left over roast lamb	1 table-spoon butter
4 boiled potatoes	1 table-spoon " moist cocoanut "
Gravy or soup stock	$\frac{1}{2}$ lemon

Cut up onion and fry in butter until brown; add curry powder with soup stock or water. Let simmer 15 minutes, add more gravy, or stock if needed. Prepare cocoanut by squeezing it through a cloth or fine sieve with hot water into a cup; add to curry. Cube meat and potatoes and any cooked vegetables; add to curry and cook for 20 minutes. Just before serving add lemon juice. (Poppadams and chutneys may be bought at Charles' grocery, corner 41st St. and Vanderbilt Ave. Campbell's Mulligatawny Soup may be used in place of stock.)

### Curried Chicken for Puffs

MISS MAIDEN

1 chicken	1 tea-spoon ground cocoanut
1 large tea-spoon ghee, or butter	1 doz green chillies
Onions sliced	1 small bunch leeks
6 red chillies	A little salt
1 tea-spoon coriander seed	

Boil chicken and then mince finely. Set your pan on the fire with ghee or butter in it and fry the onions as for any other curry. Then add red chillies ground, coriander seed, ground cocoanut, green chillies sliced and leeks sliced, or finely minced. When these ingredients are well fried, put in the minced chicken, a little salt and the broth from the boiled chicken. Fry until the curry is dry and fill your puffs.

## INDIAN DISHES—(Contd.)

### Curried Eggs

MRS. STROCK

5 eggs	$\frac{1}{2}$ tea-spoon curry powder
1 gill milk	$\frac{1}{2}$ onion
1 table-spoon butter	$\frac{1}{2}$ tea-spoon salt

Rub well the inside of a chafing dish, or aluminium pan with onion and put in butter. Beat the eggs and add curry powder dissolved in milk. Turn all into the aluminium pan and stir until smooth.

### Fish Balls

MRS. R. B. MANIKAM

2 cups fish	1 egg
$\frac{1}{4}$ cup grated coconut	$\frac{1}{4}$ tea spoon salt
4 onions	A pinch of turmeric powder
$\frac{1}{2}$ tea-spoon fresh grated ginger	$\frac{1}{2}$ cup butter, or other shortening
3 green chillies	$\frac{1}{2}$ lemon
$\frac{1}{4}$ tea-spoon chilli powder	

Slice the fish, dip the slices first in chilli and turmeric powder and salt and fry until slightly brown. Bone the fish, cut the onions and chillies fine and mix these well with the fish, meat, ginger, coconut, egg and lemon juice. Make the mixture into balls about the size of an egg and fry them until brown in deep butter, or ghee. Serve hot with bread, chapatis or puris. (Shrimp or prawn balls can be made in the same way).

### Omelet (Brain)

MRS. R. B. MANIKAM

1 sheep's brain	2 eggs
1 green pepper or chilli	2 onions
1 small piece ginger	A pinch of paprika
$\frac{1}{4}$ cup butter	Salt to taste

## INDIAN DISHES—(Contd.)

Mince fine the onions, pepper and ginger; beat the eggs well; add salt and paprika and the minced spices and beat well. Remove membrane and veins from the brain; break into pieces and beat well. Add this to the egg mixture and beat again thoroughly. Pour this mixture into the frying pan in which the butter has been heated. When omelet is light brown, turn over and brown on other side. Serve with bread, or toast.

### Meat Omelet

MRS. R. B. MANIKAM

1 cup minced raw meat  
2 onions  
 $\frac{1}{4}$  tea-spoon paprika or chilli powder  
2 green peppers or chillies  
A small piece of ginger

1 peeled garlic  
 $\frac{1}{2}$  cup butter, or ghee  
Salt to taste  
4 eggs

Mince onion, pepper, ginger and garlic; add this to the minced meat; sprinkle on paprika and salt and a dessert-spoon water. Boil until these are cooked well. Heat 2 dessert-spoons butter in fry pan; brown a minced onion; add the boiled meat and fry until it is brown and dry. Make plain omelet with the eggs. When done on one side put the meat on  $\frac{1}{2}$  the omelette and double. Slice and serve at once.

### Shrimp Salad

MRS. R. B. MANIKAM

1 cup boiled shrimps  
3 onions  
2 green chillies

$\frac{1}{2}$  cup cocoanut milk  
1 lemon  
 $\frac{1}{4}$  tea-spoon salt

## INDIAN DISHES—(Contd.)

Skin and wash shrimps well; boil with 1 table-spoon water, a pinch of chilli powder, a very tiny pinch of turmeric powder and a little salt. When dry cut the shrimps into small pieces; mix well with the onions and chillies, cut fine; add cocoanut milk and lemon juice.

If desired 1 table-spoon fresh grated cocoanut, or hard boiled eggs, cut fine, or sliced tomatoes can be added to the above salad. Salads can also be made as above with cooked greens, mashed potatoes or fried salt fish.

### Cocoanut Chutney

CAPRON HALL, MADURA

1 cocoanut (shredded)

$\frac{1}{2}$  tea-spoon salt

2 chillies

2 small onions

Grind these ingredients fine and mix thoroughly. Variations of the above may be made by using garlic, ginger, tamarind, curry leaves, mint, peanuts, plantains wood-apple. Sometimes vinegar, sugar or jaggery, or both may have to be added to the stable onion, chilli and salt.

Another variety consists of

2 large onions

2 green chillies

2 doz. curry leaves

$\frac{1}{2}$  cocoanut

$\frac{1}{2}$  tea-spoon vinegar

$\frac{1}{2}$  tea-spoon sugar

Salt to taste

Chop onions, chillies and curry leaves. Add vinegar, salt and sugar. Extract cocoanut milk and pour over this and mix.



INDIAN DISHES—(Contd.)**Green Mango Chutney**

MRS. LYON

12 green "karol" mangoes  
 $\frac{1}{2}$  lb. small seedless raisins  
 $\frac{1}{2}$  lb. large raisins  
 $\frac{1}{2}$  lb. almonds  
 24 buds garlic

A little fresh ginger root  
 2 tea-spoons red pepper  
 Sugar  
 1 cup vinegar  
 Salt to taste

Cut mangoes into pieces and cook partially. Add as many cups sugar as there are cups of cooked mango and then add all the other ingredients. Cook  $\frac{1}{2}$  hour.

**Green Mango Chutney**

MRS. R. H. H. GOHEEN

(Expensive, but very good)

100 green mangoes  
 Sugar  
 1 lb almonds  
 1 lb. figs  
 1 lb. dates  
 1 lb. hard dates  
 1 lb. apricots  
 $\frac{1}{2}$  lb. preserved ginger  
 $\frac{1}{2}$  lb. lemon and orange peel

$\frac{1}{2}$  lb. cashew nuts  
 1 lb. white raisins  
 1 lb. black raisins sliced  
 $\frac{1}{2}$  lb. currants  
 1 bot. vinegar  
 $\frac{1}{2}$  packet salt, or to taste  
 5 heaping tea-spoons powdered chillies  
 $\frac{1}{2}$  lb. green ginger sliced  
 $\frac{1}{2}$  lb. garlic sliced

Skin, stew and strain the mangoes; add sugar in equal measure to mangoes after sifting; boil for 10 minutes and bottle after the chutney is cool.

## INDIAN DISHES—(Contd.)

### Sweet Mango Chutney

MRS. R. B. MANIKAM

2 cups grated green mangoes	1 table-spoon butter
$\frac{1}{2}$ cup water	6 cardamoms
3 cups white, or brown sugar	A pinch of salt
$\frac{1}{2}$ cup grated dried cocoanut	

Cook the grated mango with water for about 15 minutes. Put the butter into another pan; powder the cardamoms just a little; add these and the grated cocoanut to the butter; then add to the cooked mango a little salt and cook slowly until the mixture forms a thick syrup. Cool and bottle.

If dried cocoanut (copra) is not available, fresh grated cocoanut can be browned well in butter and used. That will keep a long time.

### Tamarind Chutney

CAPRON HALL, MADURA

$\frac{1}{2}$ lb. white fresh tamarind	$\frac{1}{2}$ lb sugar
$\frac{1}{2}$ cup raisins	4 red chillies
2 garlics	1 tola green ginger
Salt to taste	

Soak tamarind in water and extract pulp. Strain and add sugar. Boil well and add ginger and garlic sliced. Grind chillies and add also raisins and salt. Serve when in treacle state and no sign of water is present.

### Black Gram Rice

MRS. FENN

$\frac{1}{2}$ measure raw-rice	Juice of 1 cocoanut
$\frac{1}{4}$ measure black gram	

Mix the rice and black gram and boil in  $\frac{1}{2}$  measure of water with cocoanut juice mixed. When almost done add salt to taste.

INDIAN DISHES—(Contd.)**Chicken Pullao**

CAPRON HALL, MADURA

1 measure (seer) rice  
 $\frac{1}{4}$  measure (pao) ghee (pure)  
 1 cup raisins  
 Salt to taste  
 2 pieces cinnamon bark

1 chicken  
 1 cup almonds  
 4 Bombay onions  
 1 doz. cloves  
 2 cardamoms

Pour ghee in pan and fry onions (sliced). Remove and fry raisins. Remove raisins and fry almonds (sliced). Boil chicken in 1 measure of water and strain the gravy. Fry rice for 15, or 20 minutes. Pour gravy over rice and let it boil over a slow fire. Add salt, cloves, cinnamon bark and cardamoms with rice. When rice is well boiled, cut the chicken joint by joint and mix it with the rice. When ready to serve, put it on a flat dish and spread over it the fried onions, raisins and almonds. Serve while hot.

**Mutton Pullao**

MRS. FENN

$\frac{1}{4}$  measure raw-rice  
 $\frac{1}{16}$  measure ghee  
 1 cocoanut  
 Cashew nuts (1 anna's worth)  
 1 lb. mutton or 1 pullet  
 1 handful coriander leaves or  
 $\frac{1}{2}$  measure coriander seed  
 $\frac{1}{2}$  lime  
 1 table-spoon curds  
 $1\frac{1}{2}$  table spoon parched Bengal gram

1 lb onions  
 10 green chillies  
 1 pie's worth ginger  
 6 pieces garlic  
 12 cloves  
 1 pie's worth cardamom  
 1 pie's worth cinnamon  
 3 pies' worth poppy seed (kasa kasi)  
 2 annas' worth bones for soup

## INDIAN DISHES—(Contd.)

Extract juice of cocoanut (see recipe for halva). Grind coriander, gram, chillies and ginger; in half of the ghee fry half the quantity of onions, cashew nuts, garlic, cloves, all the cinnamon and cardamom and the mutton. Pour on the cocoanut juice, add salt to taste and let the mutton boil in the mixture after adding the ground ingredients also. In the remaining ghee, fry the remaining onions, cashew nuts, garlic and cloves; add to it the raw-rice and fry that also. When it turns brownish in colour add  $\frac{3}{4}$  measure of soup and water and let rice boil. When the rice is half-boiled add salt to taste, lime juice, curds, the boiled mutton combination and let the whole thing be left to boil between hot coals above and below.

### Kichedi

MISS THOMAS

3 table-spoons ghee  
1 onion (sliced fine)  
1 handful raisins  
1 handful cashew nuts  
A little turmeric

2 cups cocoanut milk  
1 cup rice  
Salt to taste  
Cloves  
Cinnamon

Put ghee into a degchi and fry the onion. Remove onion, when brown, and in the same ghee fry nuts and raisins. Remove these, when brown, and fry in same ghee a little turmeric. Pour boiling water over  $\frac{1}{2}$  grated cocoanut in order to obtain the cocoanut milk and add to the ghee and turmeric. Boil the rice slowly in this until dry. Add salt to taste, while boiling, also cloves and cinnamon, if desired. When the rice is done, place on a platter and garnish with the fried onion, nuts and raisins. Serve with ball curry.

This is enough for two persons.

INDIAN DISHES—(*Concld.*)**Lime Rice**

MRS. FENN

 $\frac{1}{2}$  measure raw-rice

1 table-spoon ghee

Juice of 3 limes

6 green chillies

4 table-spoons cocoanut juice

1 small piece turmeric or saffron

Boil the rice as usual. Pour the ghee into a frying-pan. When it is hot add turmeric, green chillies and cocoanut juice. After 2 minutes remove pan from stove. Add salt to the lime juice and pour it on the boiled rice. Pour the cocoanut mixture in the frying-pan on to this rice and mix them well.

## DRINKS, PRESERVES AND PICKLES

### Cocoa à la Philadelphia

MRS. IRSHICK

For each cup—

1 tea-spoon cocoa

Milk

1½ tea-spoon sugar

Vanilla to taste

A little butter

Put the milk in double boiler and heat. Mix cocoa, sugar and butter with enough water to make a thin paste and boil over a slow fire for 3 minutes. When the milk is hot add the cocoa syrup and vanilla.

### Lemonade

MRS. RICHARDSON

1½ lbs. sugar

1 quart boiling water

1 oz. citric acid

25 drops lemon essence

Over sugar and citric acid pour boiling water, cook for 15 minutes. Stir occasionally. When cold add lemon essence. Then bottle it.

### Egg Lemonade

AMERICAN

1 lemon

1 cup water

1 table-spoon sugar

Ice

1 egg

Nutmeg

Take the juice of the lemon strained, and mix with sugar, egg and water. Blend well using egg beater; then strain into tall thin glasses adding crushed ice. More sugar may be added, if desired. Dust with nutmeg just before serving.

## **DRINKS, PRESERVES AND PICKLES—(Contd.)**

### **Lime Juice**

MRS. DIXON SMITH

To 1 cup juice from limes use 1 cup sugar

When squeezing juice from limes be careful not to get too much of the bitter out of the skins. Boil 10 minutes; then bottle.

### **Lime Juice (unboiled)**

MRS. DAVIES

Strain thoroughly the juice of 2 dozen limes. Add sugar enough to make a syrup. *Do not boil.* Bottle.

### **Mango Phul**

MRS. CANNADAY

Peel, cut and boil in sufficient water enough mangos for requirements, then strain.

To 1 cup mango juice add  $\frac{1}{2}$  cup milk and 2 table-spoons sugar. This may be varied by boiling 1 egg yolk, 2 table-spoons sugar, 1 tea-spoon flour,  $\frac{1}{2}$  cup milk and adding to the mango juice.

### **O. T. (A refreshing drink)**

MRS. DAVIES

3 lbs. sugar

4 pints water

20 chillies (green if possible)

24 cardamoms

3 ozs. green ginger (crushed slightly)

$1\frac{1}{2}$  dessert-spoons cloves (powdered)

$1\frac{1}{2}$  dessert-spoons cinnamon

$1\frac{1}{2}$  tea-spoons tartaric acid

Boil all ingredients except tartaric acid for 20 minutes. When cool, strain; add acid, bottle and add to drinking water as desired.

## **DRINKS, PRESERVES AND PICKLES—(Contd.)**

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### **Raspberry Vinegar**

MRS. LAWSON

8 measures red or black  
berries (not yellow)

1 pint (2 cups) vinegar  
9 lbs. sugar

Wash berries in cold water; boil 15 minutes in 6 cups water, strain through a cloth, add sugar and vinegar. Boil again 15 minutes, bottle and cork tightly.

### **Tamarind Juice**

MRS. CANNADAY

Tamarind fruit  
Sugar

Water  
Limes

Remove seeds from the fruit, wash and throw away the water. Then pour on enough water to thoroughly wet the fruit and boil about 15 or 20 minutes. Strain through a cloth. Measure and add an equal quantity of sugar. Boil for 1 hour. Before bottling put in juice of 2 limes to every 4, or 5 cups sugar already used.

(Some use 2 cups sugar to 1 cup juice — *Editor.*)

### **Oyster Cocktails**

MRS. CLARK

To be served in small glasses, lemonade or ice cream cups.

1 table-spoon lemon juice  
4 table-spoons tomato catsup  
3 drops tobasco sauce

Dash celery salt and Worcestershire  
sauce  
6 large oysters

This amount of sauce will serve for twelve of the small tinned oysters.



## DRINKS, PRESERVES AND PICKLES—(Contd.)

### Fruit Punch

MRS. HESS

(New)

1 quart strong tea  
2 quarts water  
12 limes, or lemons

6 oranges  
2 cups grape juice or raspberry shrub  
Sugar to taste

Strain lemon and orange juice over 4 cups sugar. Let form a syrup. Add other ingredients and as much more sugar as desired. Thin with water.

### Pineapple Butter

MRS. LAWSON

Pineapple

Sugar

Cut up a pineapple and put through a meat grinder. Add no water, but sugar equal to  $\frac{1}{2}$  weight of the fruit. Boil 2 hours.

### Pear Chips

MRS. FINEFROCK

8 lbs. pears (hard)  
8 lbs. sugar  
6 lemons

2 ozs. green ginger  
1 glass cold water  
(Some use 2 glasses)

Cut fruit and ginger into small slices, add sugar, lemon juice, and rind of 2 lemons. Boil until it jellies. This is excellent made from the common Kodai pears.

## DRINKS, PRESERVES AND PICKLES—(Contd.)

### Grape Conserve

HIGH CLERC

7 lbs. Concord grapes

1 lb. chopped English walnut meats

7 lbs. granulated sugar

1 lb. raisins, seeded and chopped

Pick over, wash and drain, remove stems from grapes. Separate pulp from skins, put in preserving kettle, heat to boiling point and let simmer until seeds separate from pulp, then rub through a hair sieve. Return to kettle, add skins which have been chopped, sugar, walnut meats, and raisins. Bring to the boiling point, let simmer until thick (about 30 minutes), stirring occasionally. Fill jelly tumbler with mixture.

### Guava Cheese

MISS CHANDLER

6 guavas

2 cups sugar

1 lime

1 table-spoon butter

Cut guavas into small pieces and boil; then strain. Mix this with sugar and lime and allow to boil for 2 hours. While boiling keep on stirring.

### Rhubarb Conserve

MISS MACNALLY

8 cups sugar

 $\frac{1}{2}$  lb. English walnuts

6 cups rhubarb

Juice of 2 lemons

4 cups orange pulp

Grated peel of 1, or 2 oranges

Cut rhubarb and orange pulp in small pieces, also the nuts. Let all except orange peel and nuts simmer 30 minutes; then add peel and nuts and cook 10 minutes longer.

## DRINKS, PRESERVES AND PICKLES—(Contd.)

### Mango Jam

MRS. R. H. H. GOHEEN

Pare and slice green fruit and boil in sufficient water to cover it. When soft strain through a sifter and add double its weight of sugar. Boil slowly stirring constantly.

### Date Pineapple Jelly

HIGH CLERC

1 table-spoon gelatine

1 cup water

1 cup pineapple juice

$\frac{1}{2}$  cup sugar

2 table-spoons lemon juice

$\frac{1}{2}$  cup pineapple

$\frac{1}{2}$  cup dates

$\frac{1}{2}$  cup blanched almonds

Soften gelatine in 2 table-spoons cold water. Bring rest of water, pineapple juice and sugar to boiling point. Dissolve gelatine in hot liquid. Add lemon juice. Cool, and when it begins to thicken stir in fruit and nuts, cut in small pieces. Turn into molds. Serve with whipped cream.

Makes 6 to 8 servings.

### Guava Jelly

MRS. CANNADAY

To 4 cups juice use 3 cups sugar and juice of 1 lime

Clean off ends of the fruit, cut into small pieces, retaining the skin. Pour on enough water to cover and cook until soft. Strain in a cloth, squeezing well. Add sugar and lime juice. Boil until it thickens quite well. Guava juice does not jelly as quickly as many other kinds, hence the necessity of using limes and even then it must be boiled longer than ordinary jelly.

## DRINKS, PRESERVES AND PICKLES—(Contd.)

### Mango Jelly

MRS. R. H. H. GOHEEN

Pare and slice green fruit and boil it in water sufficient to cover it. When soft, strain through a jelly bag and for each pint (2 cups) of fruit juice allow  $1\frac{1}{2}$  lbs. sugar. Boil slowly until thick.

### Raspberry Jelly

MRS. LAWSON

Berries (late berries at Kolai)

Sugar

Add no water, but wash and boil until soft. Strain. Add same measure sugar. Boil 15 minutes. Skim carefully and bottle. If berries seem very dry, add a little water at first and allow more time for boiling.

### Lemon Marmalade

MISS MILLER

3 lemons, or sour oranges

6 cups sugar

6 cups cold water

Slice the lemons thin. Add cold water and soak 24 hours. Boil without sugar until done, about 2 hours. Add sugar and boil until it jells.

### Orange Marmalade

MRS. HESS

2 marmalade oranges

$3\frac{1}{2}$  cups sugar

1 ordinary orange

$3\frac{1}{2}$  cups water

Wash, peel and remove all seeds. Cut  $\frac{5}{8}$  of peel into fine shreds. Soak pulp and peel in water 24 hours. Boil in same water 1 hour. Add sugar. Boil slowly, stirring often, until the whole thickens to a jelly.

## DRINKS, PRESERVES AND PICKLES—(Contd.)

### Lemon Preserve

MRS. R. H. H. GOHEEN

$\frac{1}{4}$  lb. butter  
1 lb. lump sugar  
2 lemon rinds (grated)

Juice of 3 lemons  
6 eggs (well beaten)

Put butter, sugar, grated rinds and lemon juice into stewpan; keep stirring till sugar dissolves; add eggs; continue stirring till it thickens, but do not let it boil. When it is of the consistency of honey, it is done. Let sugar cool first and add eggs slowly. This will keep 6 months.

### Vegetable Marrow Preserve

MRS. LAWSON

6 lbs. marrow  
3 lbs. sugar

1 oz. ginger

Cut marrow into inch cubes; sprinkle sugar over marrow and soak for 12 hours; add ginger (ground or crushed) and boil 1 hour.

### Roselle

MISS CHANDLER

To 1 lb. fruit put 1 lb. sugar

Boil the red, fleshy part of the fruit with quite a little water until soft. Measure, add about  $\frac{3}{4}$  of the sugar needed and boil 15 minutes. Add the remaining sugar and boil to a thick consistency.

### Pickled Peaches, Pears, or any Fruit

MRS. WALLACE

1 quart vinegar  
4 lbs., or 8 cups sugar  
1 oz. stick cinnamon

$\frac{1}{4}$  oz. cloves  
7 lbs. prepared fruit

## DRINKS, PRESERVES AND PICKLES—(Contd.)

Put spices into bags and put into vinegar, then bring to a boil. Put in the fruit, a little at a time. Boil until tender (the coarse Kodai pears should be parboiled first). Take out the fruit and put into stone jars, or bottles. After all the fruit is boiled, boil the syrup 15 minutes. Pour it over the fruit and seal.

In preparing fruit, stick 3, or 4 cloves into each fruit.

### **Sliced Onion Pickles**

MRS. LEE THOMPSON

1 quart sliced cucumbers

1 handful salt

3 sliced onions

2 cups sugar

1 table-spoon mustard seed

1½ tea-spoons black pepper

2½ tea-spoons celery seed

1 tea-spoon turmeric

Vinegar, to cover scantily

Sprinkle salt on cucumbers and put on water enough to cover them. Let stand overnight. Drain off water and add other ingredients. Let come to a boil.

### **Green Tomato Pickles**

MISS CHANDLER

1 peck green tomatoes

6 onions

1 tea-cup salt

3 quarts vinegar

2 lbs. brown sugar

¼ lb. white mustard

2 table-spoons each cinnamon, allspice,  
ginger and cloves

1 tea-spoon red pepper

Slice tomatoes and onions at night and sprinkle with salt between layers. In morning drain and boil 20 minutes until tender in vinegar. Drain from this and

## **DRINKS, PRESERVES AND PICKLES—(Contd.)**

put into jars. Then boil vinegar 15 minutes with sugar, mustard seed and spices (tied up in a bag) and pour over the tomatoes. Make the bag for spices large enough to cover top of pickles and to help exclude air.

### **Iced Tomato Pickles**

MRS. COVINGTON

7 lbs. very green tomatoes	2 qts. vinegar
1 lb. shell lime	4½ lbs. sugar
8 qts. water	

Peel and thinly slice the tomatoes. Soak for 24 hours in lime and water. Then wash in clear water. Boil vinegar and sugar and pour over tomatoes. Let them stand 24 hours more. Then boil all together for 20 minutes. Put in jars and seal.

### **Corn Relish**

MRS. RUPLEY

12 ears corn	½ lb. mustard
1 head cabbage chopped	2 tea-spoons turmeric powder
2 quarts vinegar	2 red peppers
1 lb. sugar	2 green peppers

Boil slowly for ½ hour, then put in jars.

### **Pepper Hash**

MRS. HESS

12 large sweet green peppers	1 qt. sweet vinegar (taron or cider)
12 large sweet red peppers	1½ cups sugar (or to taste)
15 small white onions	3 table-spoons salt

## DRINKS, PRESERVES AND PICKLES—(Concl'd.)

Remove seeds and white partitions from peppers. Put onions and peppers through food chopper (fine). Cover with boiling water. Let stand 15 minutes. Drain and repeat hot water process. After second draining add vinegar, sugar, salt and boil for 15 minutes. Seal in glass jars. (A delicious pickle)

### Chili Sauce

MISS CHANDLER

18 large tomatoes  
1 onion  
3 green peppers  
 $\frac{1}{2}$  cup sugar

2 cups vinegar  
1 table-spoon salt  
1 table-spoon all kinds of spices

Boil slowly several hours.



## SALADS

### Apple, or Pineapple Peanut Salad

HIGH CLERC

1 cup celery  
2 cups apple, or pineapple  
1 table-spoon peanut butter

4 table-spoons lemon juice  
1 tea-spoon sugar  
 $\frac{1}{4}$  tea-spoon salt

Dice celery and apples. Blend lemon juice and peanut butter, add sugar and salt and pour over apples and celery. Chill and serve on crisp lettuce leaves.

### Bean Salad

MRS. WOOD

Dressing—Cook together

$\frac{1}{2}$  cup sugar  
 $\frac{1}{2}$  cup vinegar

1 tea-spoon mustard  
3 eggs, or 2 eggs and 1 table-spoon flour

Salad—

1 pint kidney beans  
Onions  
Pickles

Cheese  
Celery

After dressing is cool mix with salad ingredients.

### Carrot Salad

MRS. MILLER

3, or 4 carrots  
Fine sugar

2 lemons (juice only)  
1 table-spoon butter

Boil the carrots until tender; slice into very thin pieces. Put into a glass dish, sprinkle with sugar and pour over them the lemon juice beaten up with the butter.

**SALADS—(Contd.)****Golden Glow Salad**

MRS. J. L. GOHEEN

- 1 package lemon jello
- 1 cup boiling water
- 1 cup tinned pineapple juice
- 1 table-spoon vinegar
- $\frac{1}{2}$  tea-spoon salt

- 1 cup pineapple diced
- 1 cup grated raw carrot
- $\frac{1}{2}$  cup walnuts, finely cut
- Crisp lettuce

Dissolve jello in boiling water; add pineapple juice, vinegar and salt; chill. When slightly thickened, add pineapple, carrot and nuts. Turn into small molds or a large one. Serve with mayonnaise on lettuce. Serves 6.

**Grapefruit Salad**

MRS. LIVENGOOD

- 1 package lemon jello
- 1 cup boiling water
- 2 grape fruit sections
- 2 table-spoons sugar

- $\frac{1}{2}$  cup grape fruit juice
- $\frac{1}{2}$  cup cold water
- Crisp lettuce

Dissolve jelly in boiling water; add grape fruit juice and cold water; turn into shallow pan and chill until firm. Cut grape fruit into pieces after freeing from membranes; add sugar. Cube chilled jelly and combine with jelly cubes on lettuce leaves. Serve with mayonnaise to 8 people. Tinned grape fruit may be used.

**Melon Fruit Salad**

MRS. GRAEFE

- 1 medium sized melon
- Juice of 2 limes

- $\frac{3}{4}$  cup sugar

Cube pulp of melon; squeeze lime juice over fruit; add sugar and mix well. Let stand 1 hour. Serve.

**SALADS—(Contd.)****Green Pepper and Cream Cheese Salad** MRS. JOHN SCUDDER

2 green peppers

Cream cheese

After cleaning out peppers, chop one finely and mix with cream cheese. Stuff the other pepper with this mixture; put in ice box to harden. When hard cut into slices with sharp knife and place on lettuce. Serve with boiled, French or mayonnaise salad.

**Perfection Salad**

MRS. DOLBEER

1 packet prepared jelly

1 pimento (cut into small pieces)

 $\frac{1}{2}$  cup celery (cut into pieces) $\frac{1}{4}$  cup walnuts $\frac{1}{2}$  cup cabbage (shredded)

Prepare jelly according to directions and, when it begins to stiffen, add ingredients above and pour into a mold. Cut into cubes and serve on lettuce leaves to six people.

**Pineapple, Cream Cheese and Nut Salad** MRS. JOHN SCUDDER

Place a slice of pineapple on each lettuce leaf. In the centre where the core has been cut out place a ball of cheese and sprinkle with finely chopped walnuts. French, boiled or mayonnaise dressing may be used.

**Sunset Salad**

MRS. LIVENGOOD

6 eggs (hard boiled)

Paprika

2 table-spoons heavy cream

Worcestershire sauce (a few drops)

 $\frac{1}{2}$  tea-spoon dry mustard

1 pint tomato juice

1 table-spoon melted butter

1 package lemon jelly

1 tea-spoon lemon juice

1 table-spoon vinegar

Salt

Pepper and bay leaf

**SALADS—(Contd.)**

Cut eggs in halves ; mash yolks and add cream, mustard, butter, lemon juice, salt paprika and sauce. Stuff the whites and press halves together. Drain tomato juice, heat and add jelly, vinegar, pepper and bay leaf. Line 6 molds with jelly and a few cooked peas. Put a stuffed egg in each centre. Add remaining jelly and allow to set. Serve with dressing to taste on lettuce.

**Sunshine Salad**

MRS. LAWSON

1 package lemon jello

Shredded lettuce

1 cup raw carrot

Stuffed olives

Grind carrot, and add with lettuce, to jello. Put olives, sliced thin on top.

**Moulded Vegetable Salad**

MISS SEGNER

2 level table-spoons gelatine

1 table-spoon salt

 $\frac{1}{2}$  cup cold water

1 cup shredded cabbage

2 cups boiling water

1 cup grated raw carrot

 $\frac{1}{2}$  cup mild vinegar

1 cup chopped celery or any other vegetable

2 table-spoons lemon juice

 $\frac{1}{2}$  cup sugar

Soak gelatine in cold water 5 minutes and dissolve in boiling water. Add sugar, vinegar, lemon juice, salt. Let congeal and when it thickens, add vegetables. Rinse molds with cold water and fill. When congealed serve on lettuce with dressing.

## SALADS—(Contd.)

### Salad Combinations

(From many sources)

- Apple 1 cup, celery 1 cup, walnuts  $\frac{1}{2}$  cup, or green peppers : Boiled
- Apple, raisins : Mayonnaise
- Asparagus, lettuce : French or mayonnaise
- Beans (string), onions : French or boiled
- Beet cubes, egg hard boiled : Boiled
- Cabbage, celery, sweet peppers, or raisins or neither : Boiled, plain, or whipped cream
- Cauliflower, peas, carrot cubes, celery, sliced pickles, tomato : Mayonnaise or boiled
- Celery, nuts : Boiled or mayonnaise
- Corn : Mustard and onion juice
- Cucumber, lettuce : Any dressing
- Cucumber olives, red peppers : French or mayonnaise
- Grapes (white) or cherries, lettuce : Mayonnaise
- Grape fruit, marshmallows, white grapes (equal quantities, nuts)
- Oranges, Bermuda onions (equal quantities)
- Orange, pineapple.
- Orange, plantain, with or without apples, walnuts, cocoanut, powdered sugar,
- Pears, nuts : French

## SALADS—(Contd.)

Peas, cheese (equal quantities).

Peas (French), walnuts, salt, pepper, sugar : Mayonnaise

Pineapple 1 cup, plantain pulp 1 cup, cherries  $\frac{1}{2}$  cup.

Plantain, nuts or pineapple : Thick plain cream

Plantain  $\frac{1}{2}$  cup, papaya cubed  $\frac{3}{4}$  cup, peanuts  $\frac{1}{2}$  cup, with or without cubed oranges or pineapple, cherries : Any dressing

Plantain, tomato

Plantains, raisins, walnuts, preserved ginger, lemon and water cress : Whipped cream, mayonnaise.

Potato cubes, celery, or cucumber cubes.

Potato cubes, eggs and chopped sweet peppers if desired.

Potato cubes, onions.

Prunes, stuffed with pecans : Whipped cream

Spinach, moulded in small cups : Boiled

Spinach 2 cups, 3 eggs (boiled), lettuce shredded, salt 2 tea-spoons, chopped peppers or parsley 4 tea-spoons : Mayonnaise  $\frac{1}{2}$  cup

Tomato, with or without cucumber : Mayonnaise or boiled

Tomato, cauliflower, sweet red peppers : French, mayonnaise, or cream

Tomatoes, stuffed with apples and celery, or celery and nuts.

” ” ” peas, pecan nuts : Mayonnaise

” ” ” pineapple

” ” onions (green)

SALADS—(Contd.)

Tomato jelly, made of 1 tin tomato strained,  $\frac{2}{3}$  box gelatine, 1 tea-spoon salt, 1 tea-spoon powdered sugar. Mould and serve on lettuce.

Eggs hard boiled : Boiled

” ” chicken, celery, nuts : Mayonnaise

” ” cucumber pickles with rich cream.

” ” cucumber, celery

Fish, cucumbers : Boiled

Herring, beetroot, potato, cold meat (all chopped) Sprinkle with vinegar, pepper, salt, sugar : Mayonnaise, or whipped cream with beetroot juice.

Salmon 2 cups cut fine, celery 1 cup, sour pickles 6.

Salmon, egg : Boiled

Salmon 1 tin, eggs 10, pickles 4 small, celery small bunch, mustard  $\frac{1}{2}$  tea-spoon, salt, pepper, sugar, vinegar ; scald salmon, drain off water and oil, chop fine ; add other ingredients, vinegar last.

Chicken  $1\frac{1}{2}$  cups, celery  $1\frac{1}{2}$  cups, olives  $\frac{1}{4}$  cup, nuts  $\frac{1}{2}$  cup.

Chicken 1, cucumbers, nuts, peas (1 cup each) : Mayonnaise

Cold meat, turnips, carrots, or other vegetables : Mayonnaise

**Delicious Chicken Salad**

MRS. DUNKELBERGER

2 chickens, well seasoned

Almost twice as much chopped cabbage

8 hard-boiled egg whites chopped and

Yolks rubbed smoothly

Celery seed and pepper to taste

Piece of butter, size of walnut, melted

**SALADS—(Conclud.)**

Mix thoroughly, just before sending to the table: pour the dressing made as follows:

2 eggs (boiled)  
2 tea-spoons sugar  
1 cup vinegar

2 tea-spoons mustard rubbed smooth  
with vinegar  
Small lump of butter

Let all these come to a boil.



## SALAD DRESSINGS

### Boiled Salad Dressing

MRS. LAWSON

1 tea-spoon salt  
2 tea-spoons sugar  
2 table-spoons flour  
1 tea-spoon mustard  
 $\frac{1}{8}$  tea-spoon red pepper

1 egg  
 $\frac{1}{4}$  cup vinegar  
 $\frac{3}{4}$  cup milk  
2 level table-spoons butter

### Bottled Salad Dressing

MRS. R. H. H. GOHEEN

8 eggs (well beaten)  
1 cup sugar  
1 table-spoon salt  
1 table-spoon mustard  
1 tea-spoon pepper

A little cayenne  
1 tea-spoon celery seed  
 $\frac{1}{2}$  cup cream  
 $1\frac{1}{2}$  cups vinegar  
1 cup butter

Bring vinegar and butter to a boil; pour over other ingredients; set boiling until it thickens, stirring all the time. This will make 1 quart and if kept in a cool place will keep a month.

### Cooked Salad Dressing

MRS. WOLSTEAD

2 table-spoons butter  
3 table-spoons sugar  
2 tea-spoons flour  
 $\frac{1}{2}$  cup vinegar  
 $\frac{1}{2}$  tea-spoon salt

$\frac{1}{2}$  tea-spoon mustard  
1 egg  
Pepper  
3 table-spoons water

## **SALAD DRESSINGS—(Contd.)**

Heat the vinegar and water to boiling point. Mix dry ingredients, blend with butter and add to vinegar. Cook for 5 minutes. Add the beaten whole egg and stir until the egg thickens the mixture. Remove from fire at once. Thin with cream before using.

### **French Dressing**

AMERICAN

$\frac{1}{2}$  tea-spoon salt  
 $\frac{1}{4}$  tea-spoon pepper

2 or 3 table-spoons oil  
 1 table-spoon vinegar

Put all the ingredients into a clean bottle and shake well. This may be used with lettuce, or it may be used to season other salads.

### **Fruit Salad Dressing**

MRS. WOLSTEAD

1 cup pineapple juice (fresh, or tinned)  
 1 table-spoon flour  
 1 cup sugar

2 egg yolks  
 2 egg whites  
 2 table-spoons butter

Heat juice, add flour and sugar and cook 3 minutes, then add butter, and beaten yolks, stirring constantly until it thickens. Then add the beaten egg whites, fold in and remove from the fire at once.

### **Grape Juice Dressing**

AMERICAN

$\frac{1}{2}$  cup thick sweet cream  
 3 table-spoons grape juice

A few grains salt

Add the salt to the cream and whip, beating in slowly the grape juice. Use as a garnish to any brand fruit salad.

## SALAD DRESSINGS—(Concl'd.)

### Mayonnaise Dressing

MRS. GRAEFE

2 eggs	$\frac{1}{4}$ cup vinegar
$\frac{1}{4}$ cup sugar	1 table-spoon butter
$\frac{1}{4}$ cup flour	$\frac{1}{4}$ tea-spoon salt
$\frac{1}{4}$ tea-spoon mustard	1 large cup milk and cream

Beat eggs and then add sugar, flour, mustard, vinegar, salt and milk. Mix all well. Place in double boiler and add butter. Leave in double boiler until butter is thoroughly melted, then strain through fine sieve into Mason's jars and close firmly and keep in a cool place.

(1 cup water may be substituted for milk—*Mrs. Wood*)

### Two-Minute Dressing

MRS. WOLSTEAD

1 tea-spoon salt	1 table-spoon vinegar
1 tea-spoon sugar	$1\frac{1}{2}$ cups salad oil
$\frac{2}{3}$ tea-spoon mustard	Cayenne
1 egg	

Put dry ingredients in bowl, add egg and beat well. Add vinegar slowly and beat well. Pour on  $\frac{1}{4}$  cup oil, beating constantly until it gets to be like thick cream. Add the remaining oil  $\frac{1}{4}$  cup at a time, blending well each time. dressing gets too thick, it may be thinned with a little vinegar or fruit juice.

## SANDWICHES

(Recipes from many Sources)

### 1. CHEESE.

Cream cheese, green pepper, (taking out inside), or pimento.

Grated cheese, chillies, any good dressing.

„ „ catsup or chilli sauce to taste.

„ „ chopped olives or nuts and salad dressing.

„ „ English walnuts ground, cream, and salt to taste.

### 2. FRUIT. FRUIT (sliced).

Currants, chopped peanuts (moistened to a smooth paste).

Dates chopped  $\frac{1}{3}$  cup, apple chopped  $\frac{2}{3}$  cup, salad dressing.

Figs chopped, crystallized ginger.

Raisins seeded, orange marmalade; or nut meats and a dash of lemon juice or grape juice.

Preserved ginger, sliced thin, bread and butter.

### 3. NUTS. Nuts, chicken or fish thinned with cream, nicely seasoned

Nuts (chopped), marmalade

Peanuts (ground), cayenne pepper, salt, butter beaten until light and creamy

Peanuts ( $\frac{1}{2}$  cup), 1 cup freshly grated cocoanut,  $\frac{1}{2}$  tea-spoon lemon juice, 2 tea-spoons powdered sugar, 3 table-spoons thick cream, well mixed.

Peanuts, powdered and stirred with mayonnaise, mixed with cream cheese.

Peanuts, salt and a few drops olive oil or salad dressing.

## SANDWICHES—(Contd.)

### 4. VEGETABLES.

Every vegetable in season, if cooked, with white sauce; if uncooked, with mayonnaise.

Spring Sandwich,  $\frac{1}{2}$  cup butter, 4 tea-spoons grated onion, 2 cups thinly sliced cucumbers, 4 table-spoons boiled dressing, 2 table-spoons chopped parsley. Cream butter and mix boiled dressing, grated onions and parsley cut fine and spread on bread, placing cucumbers and a little salt in between.

Asparagus tips, plenty of butter and seasoning to taste.

Beans (lima), press to a pulp and combine with melted butter, onion juice, a pinch of dry mustard, a few olives, or pimentos chopped and a dash of tomato ketchup.

Celery 1 cup,  $\frac{1}{2}$  cup nuts (ground with celery), salad dressing and a little salt.

Celery, cut into tiny pieces, add mayonnaise dressing and hard boiled eggs mashed.

### 5. EGGS. Egg yolk (1), $\frac{1}{2}$ lb. butter, 2 table-spoons prepared mustard, 3 table-spoons salad oil well mixed with seasoning, meat chopped fine.

Egg yolks (6), 12 slices bread, 1 tea-spoon salt, 2 table-spoons melted butter and boiled dressing, if desired.

Eggs hard boiled (12),  $\frac{1}{2}$  quantity cream cheese, 2-3 pimentos, mayonnaise.

Boiled egg (1), cut fine and mix with minced ham, sweet breads or veal.

Egg hard boiled (1), chopped lettuce, salad dressing to taste.

(N.B.—All eggs must be boiled hard for sandwiches—*Editor*)

## SANDWICHES—(Contd.)

6. FISH. Sardines, Bone and mash with a few drops lemon juice and a little paprika.

Tuna fish (or salmon)  $\frac{1}{2}$  small tin, flake fine, add 1 table-spoon each, lemon juice, chilli sauce, a few drops, Worcestershire sauce, salt and mayonnaise to taste.

7. MEATS. Beef (dried), Mince fine and moisten with mayonnaise.

Beef (or tongue), chop fine, moisten with Worcestershire or horseradish sauce.

Chicken (cold), chop, season and moisten with lemon or salad dressing.

Chicken, tongue or bacon, combine with fresh toast, tomato, lettuce and mayonnaise.

Veal, beef, pork or fowl, put through meat cutter, moisten with rich meat stock, season with salt, pepper, celery salt and salad dressing.

8. OPEN AND HOT SAVOURY SANDWICHES.

Open club: Place 3 triangular pieces thin toast on a large dinner plate with a corner of each pointing towards the centre. On one piece arrange 2 slices ripe tomato and a crisp slice of hot bacon; on another a portion of fried chicken on a crisp lettuce leaf; on the third piece a serving of creamed peas and in the centre of the plate, in a paper cup, a serving of creamed celery. At one side of plate serve two steamed prunes with two small tooth picks as holders.

Cheese: Place cheese between slices of bread and fry quickly on both sides.

Fish Sandwich: Flake 1 cup of fresh or canned salmon and mix with one-half cup of cheese sauce to moisten. With this as a filling, make sandwiches

## SANDWICHES—(Concl'd.)

trim, cut, dip in the egg and milk mixture, sauté quickly. Serve with potato and beet salad laid on lettuce nests.

**Creamed Ham and Eggs:** 8 slices ham  $\frac{1}{8}$  inch thick, 8 pieces buttered bread,  $1\frac{1}{2}$  cup white sauce,  $\frac{1}{4}$  cup grated cheese, 8 hard boiled eggs. Broil ham until tender, place on buttered toast and add one egg. Pour over this white sauce and cheese and sprinkle with paprika.

**Hot Ham:** Mince odds and ends of left-over ham, adding some fat. Season 1 cup with 1, or 2 tea-spoons prepared mustard. Spread on slices of buttered bread, which have been cut a little thicker than for ordinary sandwiches, cover each with a slice of buttered bread, press firmly together, trim off the crusts sparingly, and cut in good-sized oblongs or squares. Dip these in a mixture consisting of one slightly beaten egg, one cupful of milk, one-half tea-spoon of salt, and one-eighth tea-spoon of pepper. Sauté quickly to a rich brown on both sides in a little melted fat. Lay on a hot platter, garnish with parsley, and serve at once.

**Tomato with cheese Sauce:** Make white sauce with 1 table-spoon butter,  $1\frac{1}{2}$  table-spoon flour,  $\frac{3}{4}$  cup milk, salt, paprika, and 1 tea-spoon Worcestershire sauce. Add  $\frac{1}{2}$  cup grated cheese, cooking slowly until cheese is entirely melted. Toast slices of bread on both sides; spread with mayonnaise and put together with sliced tomatoes and a strip of broiled bacon cut in two. Cut sandwich diagonally. Pour hot sauce over it and garnish with parsley.

## MISCELLANEOUS

### Meatless Menus for Luncheon

MRS. HESS

#### MENU No. 1

Soup

Ripe tomatoes stuffed with prawns

Escalloped Potatoes

Peas

Small Rolls

Dessert

(To make stuffing for the tomatoes, take  $\frac{1}{2}$  minced onion, crumbs from 2 slices bread,  $\frac{1}{2}$  minced sweet pepper,  $\frac{1}{2}$  tea-spoon salt, 2 table-spoons butter and a little minced parsley. Mix with creamed prawns and fill 6 large tomatoes.)

#### MENU No. 2

Fruit Cup

Salmon morley (mooley) with its chutneys

Savoury cheese souffle

Hot chocolate and pumpkin pie

#### MENU No. 3

Sliced Fruit

Baked Beans and Pepper Hash-pickle (see p. 201)

Sliced or stewed tomato

Small muffins with syrup



**MISCELLANEOUS**—(*Contd.*)

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## MENU No. 4

Cream of pea soup with milk  
Fluffy egg omelet with dash of grated cheese  
Thin slices buttered toast  
Apple pie made from a tin of apples  
Coffee

## MENU No. 5

Cornflakes or other dry cereal  
Chocolate and egg milk shakes  
Minced egg and mayonnaise sandwiches  
Fruit

## MENU No. 6

Cheese on Toast  
Nest of spinach holding soft poached egg  
Salad of cucumber, walnuts and raisins  
Mayonnaise dressing  
Crackers  
Steamed Cherry Pudding (see p. 138)  
Lime Juice

## MISCELLANEOUS—(Contd.)

### DISHES FOR INVALIDS

#### Albumen Water—Invaluable in Dysentery    MRS. MOFFAT

1 egg white

2 or 3 table-spoons water

Salt or lemon juice

Whisk white to a stiff froth, add water, cover and leave till all dissolve; then add flavouring.

#### Celery Milk (for Rheumatism)    MRS. MOFFAT

Wash and trim some sticks of celery, cut small and simmer for 1 hour or longer in milk and water. Bruise well to get all the goodness out and strain through a jelly bag.

#### Malted Milk with Egg    MISS LOFGREN

1 table-spoon malted milk

1 egg

1 table-spoon crushed fruit

 $\frac{3}{4}$  cup cold or ice water

Mix first three ingredients and beat for 5 minutes. Strain and add water, or carbonated water. Nutmeg may be add to flavour.

#### Prune Water    MRS. MOFFAT

 $\frac{1}{4}$  lb. prunes

3 breakfast cups water

 $\frac{1}{2}$  small lemon

Sugar

Slit each prune down side and put in pan with lemon rind very thinly pared. Boil slowly  $\frac{1}{2}$  hour. Add juice of lemons, strain, sweeten and use cold.

MISCELLANEOUS—(Contd.)**Suet, or Milk Porridge**

MRS. MOFFAT

1 table-spoon suet

2 table-spoons flour

1 tea-cup milk

Salt

Mince the suet very fine. Mix milk and flour till smooth, then put into a pan. Add suet and a pinch of salt. Boil gently for 10 minutes and serve hot.

**Leek Broth for Asthma, or Difficulty in Breathing**

MRS. MOFFAT

3 lbs. lean beef

3 pints water

5 large leeks

Boil beef and leeks in water until reduced to 1 pint. Skim, strain and take twice a day.

**Date Muffins**

MISS LOFGREN

2½ cups flour

1 egg

1½ tea-spoons baking powder

½ lb. chopped dates

1 heaping table-spoon butter

1 cup milk

2 table-spoons sugar

Water

Sift flour once before measuring; add baking powder and sift 3 times. Scald bowl and spoon and cream butter and sugar. Beat white of egg and 1 table-spoon water; drop in the yolk; stir all in the bowl; add the dates, milk and flour. Bake 20 minutes.

**Invalid Beef Tea Jelly**

MRS. MOFFAT

Gelatine

Beef tea

Make ½ pint beef tea: while hot, stir in the gelatine and strain into a basin. Pour into a small mold.

**MISCELLANEOUS—(Contd.)****Grapenut Pudding**

MISS LOFGREN

1 cup grapenuts  
 1 cup boiling water  
 $\frac{1}{2}$  cup sugar  
 $\frac{1}{4}$  tea-spoon each, cinnamon, nutmeg,  
 cloves, salt

2 eggs (beaten separately)  
 $\frac{1}{2}$  cup raisins, dates or nuts  
 $\frac{1}{2}$  tea-spoon baking powder

Pour boiling water over grapenuts and leave until cool. Bake  $\frac{1}{2}$  hour and serve hot with hard sauce.

**Creamed Chicken**

MISS LOFGREN

1 cup cooked chicken  
 1 table-spoon butter  
 1 table-spoon flour

1 egg yolk  
 $\frac{1}{2}$  cup milk  
 A little parsley

Cut chickens into pieces, melt butter, add flour and stir until smooth. Add milk and stir until it thickens; then add chicken, yolk of egg and parsley. Season to taste. May be served on toasted butter bread, cut into rounds or fancy shapes.

**Carrot Poultice**

MRS. MOFFAT

This is useful for relieving pain—good also for sty. Scrape and grate a sufficient part of a large juicy carrot. Heat in a dry saucepan till hot enough to bear your finger, and apply with nothing between poultice and skin.

**Embrocation Recipe**

MRS. MOFFAT

$\frac{1}{2}$  pint turpentine  
 2 raw eggs

1 pint vinegar  
 $\frac{1}{2}$  oz. ammonia

## MISCELLANEOUS—(Contd.)

Put turpentine and vinegar into a large bottle; cork it and shake till it becomes a thick cream. Add vinegar gradually and ammonia. Shake all well together and keep for use. A small lump of camphor improves it.

### Substitute for Ice

MRS. MOFFAT

Soak cloths in equal portions of milk and methylated spirits.

### Cheese Moulding

MRS. MILLER

To prevent cheese from moulding, thinly coat with butter.

### Cleaning Silver

MRS. MILLER

It is easy to clean silver, when one has an aluminium kettle, simply filling the kettle with clear water and boiling until the silver looks bright and clean.

### Dry Yeast

MRS. CANNADAY

*Dry yeast* can be obtained by Parcel Post from Standard Brands Ltd., Gallett Products, Fraser Ave., and Liberty St., Toronto, Canada. The Royal Yeast Cakes cost 26 cents per packet including postage and will be sent to you monthly, or oftener if you so desire. If you wish to receive a Royal Yeast Recipe book write for it.

### For Ants and Insects

MRS. FINEFROCK

Scatter sodium fluoride on shelves, in book cases and behind pictures and all insects will avoid the vicinity. This is non-poisonous and may be procured in India from chemist shops.

MISCELLANEOUS—(Contd.)**For Moths**

MRS. FINEFROCK

Use Apex Moth Cakes. They are more efficacious than naptha balls.

**White-ant Killer**

MRS. HAMNETT

Hartal is orpiment, or yellow arsenic.

Grind lumps of hartal very fine (the grinder must not have any cuts, or sores on his hand), mix and stir in water. The more water the better, and not too much hartal. Pour this mixture into every hole and cranny. Hartal water might be mixed with chunam water when building.

(Another protective against white-ants is solignum.—EDITOR)

**Things to Remember**

2 chhataks, or chittacks	= 1	ollock
8 ollocks	= 1	seer = 1 measure
1 ollock (level)	= 10	table-spoons dry measure
1 „	= 12	table-spoons liquid measure
3 tolas	= 1	palam = 3 rupees' weight
40 palams	= 1	viss
8 viss	= 1	maund
1 pt. butter	= 1	pound
1 qt. sifted flour	= 1	„
1 large pt. sugar	= 1	„

# MISCELLANEOUS—(Contd.)

1 pt. corn meal	=	10 $\frac{1}{2}$ ounces
1 pt. raisins	=	9 ounces lightly measured
1 oz. butter	=	2 level table-spoons
1 oz. corn flour	=	3 " " "
1 oz. ground coffee	=	5 " " "
1 oz. grated chocolate	=	3 " " "

## Evaporated Milk Association Table of Measures

1 cup	=	8 liquid ounces
2 cups	=	1 pint
2 pints	=	1 quart
8 quarts	=	1 peck
4 $\frac{3}{4}$ tea-spoons salt	=	1 oz.
3 $\frac{1}{8}$ table-spoons cornflour	=	1 oz.
2 $\frac{3}{8}$ table-spoons soda	=	1 oz.
2 $\frac{3}{8}$ table-spoons baking powder	=	1 oz.
2 $\frac{1}{8}$ cups granulated sugar	=	1 lb.
3 cups brown sugar (packed)	=	1 lb.
3 cups powdered sugar	=	1 lb.
1 $\frac{1}{3}$ cups molasses	=	1 lb.
4 cups sifted family flour	=	1 lb.

# MISCELLANEOUS—(Contd.)

4	table-spoons sifted family flour	=	1 oz.
4	cups sifted cake flour	=	14 oz.
3 $\frac{1}{2}$	cups graham flour	=	1 lb.
2	cups rice	=	1 lb.
3	cups corn meal	=	1 lb.
Allow 1 oz. uncooked cereal for each serving.			
1	lb. bread	=	16 slices
1	sq. unsweetened chocolate	=	1 oz.
3 $\frac{1}{2}$	table-spoons grated chocolate	=	1 oz.
4	cups cocoa	=	1 lb.
2	table-spoons cocoa	=	1 oz. chocolate
1	pt. Evaporated Milk	=	1 $\frac{1}{10}$ lb.
Tall tin Evaporated Milk equivalent to 1 qt. bottled milk.			
1	cup Evaporated Milk	=	3 cups whipped.
2	cups butter, oils or other fats	=	1 lb.
2	table-spoons butter	=	1 oz.
4	cups grated cheese	=	1 lb.
10	whole eggs	=	1 pt.
18	egg whites	=	1 pt.
24	egg yolks	=	1 pt.
2	cups chopped meat (packed)	=	1 lb.
5	lb. chicken	=	4 $\frac{1}{2}$ cups diced.



# MISCELLANEOUS—(*Conclud.*)

$\frac{1}{4}$ lb. meat free from bone	= 1 serving.
1 qt. strawberries	= $3\frac{1}{2}$ cups whole or 2 cups mashed fruit.
$2\frac{2}{3}$ cups currants	= 1 lb.
$2\frac{2}{3}$ cups raisins	= 1 lb.
2 cups pitted dates	= 1 lb.
3 cups figs (chopped)	= 1 lb.
1 cup dried fruit	= 1 cup cooked pulp
3 lb. spinach	= 1 peck.
$1\frac{1}{3}$ qt. beans	= 1 lb.
6 lbs. beans	= 1 peck
15 lbs. potatoes	= 1 peck





